

Science and Spirituality in the Elements of the Periodic Table: The Elements’ Deeper Meanings for our Lives

by Barbara Allys Brandt

***Summary:** This article discusses the deeper spiritual meanings of the 118 elements in the Periodic Table, as explored by a group of Boston-area energy-sensitive intuitives and healers. The authors discovered that each element has a corresponding energy pattern which vibrates a specific positive personality trait (its “spiritual gift”) that we human beings can express in our own lives, personalities, and relationships. This article explores what the elements’ spiritual personality-gifts can teach us, not only about our individual personal development, but also about humanity’s larger potentials for peace, love, healing, and greater spiritual awareness.*

The authors of this article understand “spirituality” as a perspective—or as a dimension of reality—that connects us to something larger than ourselves, gives our lives meaning, brings the sacred into everyday life, and awakens us to gifts such as Peace, Love, and Healing.

The elements in the Periodic Table—hydrogen, oxygen, gold, silver, carbon, iron, silicon, mercury, nitrogen, uranium, etc.—are the building blocks of our physical world. Everything in the world, both living and non-living—the air we breathe, the earth below us, the oceans, rain, stars, planets, plants and animals, and even our own bodies—is made of elements. If you believe, as we do, that our physical world is also a spiritual universe, this means that everything, including each of the elements, also has a spiritual meaning.

This article discusses the deeper meanings—you could say the deeper spiritual meanings—of the 118 elements in the Periodic Table, as explored by the members of the Atomic Messages Foundation (AMF), a group of psychic-intuitives and energy-healers from the Boston area. Since 2003, AMF’s members have been tuning into the 118 elements in order to learn about each element’s spiritual gifts and discover how people can consciously connect to, understand, and benefit from the elements’ deeper meanings.

AMF’s discoveries do not contradict science; our findings build on our scientific understanding of the elements and the Periodic Table, and add a deeper dimension to it.

Atomic Personality Patterns—the elements’ spiritual gifts for humanity

To briefly summarize AMF’s key discoveries:

1. Each of the 118 elements in the Periodic Table has its own unique energy pattern, which is related to that element’s physical and chemical properties.
2. Each element’s energy pattern could also be called its “Atomic Personality Pattern.”
3. Each element’s unique energy pattern—its Atomic Personality Pattern—vibrates the energetic pattern for a specific quality or activity, such as Love, Courage, Creativity, Peacefulness, Compassion, Purposefulness, Humor, etc., that we human beings can express in our own lives, personalities, and behavior. There are 118 different

elements, which means that the elements offer us 118 different personality qualities and potentials that we can reproduce in ourselves.

4. These 118 different energetic Personality Patterns are not simplistic one-to-one correspondences with the elements’ material properties. At the material level, some elements are beneficial for human beings, some are neutral, and some are injurious or even deadly. However, at the energetic level, each element’s energetic Personality Pattern vibrates a wonderful, positive personality-gift for humanity.

Because the 118 elements vibrate 118 different positive Personality Patterns that we can reproduce in ourselves, these 118 Atomic Personality Patterns could also be described as “the elements’ spiritual gifts to humanity.”

“Atomic Archetypes” and “Atomic Messages”: Describing each element’s spiritual gift

After several years of psychically tuning into and “interviewing” each of the 118 elements, AMF was able to develop a detailed “Personality-Profile” for each element—a comprehensive description of each element’s unique positive personality trait; how people can more fully develop and express this quality in their lives; a description of each element’s “Imbalances” (distorted or destructive ways in which an element’s positive personality trait might be expressed); and methods for healing each element’s personality-Imbalances.

To make it easier to recognize and remember each element’s unique positive personality-gift, AMF also created an “Atomic Archetype” for each element—a shorthand phrase that briefly but dramatically describes each element’s positive gift. For example:

- The Atomic Archetype for **Hydrogen** is “the Ongoing Creator of New Ideas.”
- The Atomic Archetype for **Copper** is “the Conscious Wealth-Generator/Philanthropist.”
- The Atomic Archetype for **Arsenic** is “the Person Loyal to Life-Affirming Values.”
- The Atomic Archetype for **Selenium** is “the Giver of Gentle Unconditional Love.”
- The Atomic Archetype for **Bromine** is “the Forgiver of Abuse.”
- The Atomic Archetype for **Radium** is “the Spiritually-Supported Inner Healer.”

After we at AMF had identified each element’s Atomic Archetype, we began seeing these Archetypes all around us—in famous people from history or the present, and in people we knew personally. We recognized the Atomic Archetypes in our friends and relatives, and in ourselves. And while it’s easy to see the Atomic Archetypes in famous people, we realized that everyone, no matter how humble, can express the elements’ personality-gifts in their lives.

Each element also brings us a Lesson about how we can more fully develop and express that element’s positive personality-gift in our own lives, relationships, and behavior. We at AMF like to think of each element’s Lesson as “its spiritual Lesson for humanity,” or as that element’s “Atomic Message.”

For example, the Lesson (Atomic Message) from **Arsenic** is this: “In your deepest heart-of-hearts, you are guided by inner values that truly support life. However, you might be tempted by false values, such as the desire for wealth, power, popularity, etc. Recognize when you have

been tempted by false values, find the courage to resist temptation, and remain true to your inner life-supporting values.”

And **Bromine**’s Lesson is this: “You may have been abused, and you have suffered as a result. You may still be suffering. But not only can you consciously acknowledge the abuse you have suffered. You can also consciously choose to forgive your abuser(s). This will heal and transform both others and yourself. Most important—be sure to forgive yourself.”

Cosmic virtues and vices: Healing Imbalances of the elements’ positive personality-gifts

The Atomic Personality Patterns bring us many different wonderful positive qualities and virtues that we can express—qualities such as Love, Peacefulness, Generosity, Creativity, etc. But what about the many negative, even destructive traits that human beings can—and do—express? Where do our negative traits come from?

The answer to this question is suggested by another key finding that AMF discovered:

- **Each element’s energetic Personality Pattern can also be expressed in a distorted form—what AMF calls the elements’ “Imbalances.”**

While the positive Personality Patterns from the elements provide energetic templates for our many wonderful positive human gifts and potentials, the Imbalanced forms of these Personality Patterns provide the energetic templates for our many familiar human problems and weaknesses. Element-Imbalances generate problems such as Rigidity, Despair, being stuck in old Self-Limiting Beliefs or behaviors, feeling Debilitating Fear or Uncontrollable Anger, etc. In other words, if we are experiencing some kind of difficulty or problem in our lives, it may be because we are expressing an Imbalance of some element’s positive personality-gift.

For example, **Calcium**, “the Humbly Courageous Protector,” gives us the strength to “serve and protect” so we can protect those we care about from harm. Many police, firefighters, and other First Responders exemplify **Calcium**’s gift. But if **Calcium**’s trait becomes Imbalanced, it can be expressed as abuses, such as police brutality against innocent people.

Element-Imbalances can appear in various versions, ranging from mild to severe. In their most extreme form, element-Imbalances are expressed as the terrible vices and cruelties that have been perpetrated by infamous villains and tyrants from history and the present—vices such as Greed, Prejudice, Deceitfulness, Abuse of Power, Violence, Brutality, etc.

Other observers of the human condition, such as psychologists, healers, and spiritual writers, have described these distorted behaviors as “neuroses,” “negative energies,” or our “shadow side.” We at AMF prefer to call these distorted behaviors “Imbalances,” because this reminds us that anything that has gotten out of balance can be restored back to balance—can be healed and transformed.

The good news is that element-Imbalances—in ourselves, and in other people—can be healed. Perhaps most intriguing, AMF learned that:

- **Each element’s energetic Personality Pattern carries the healing vibrations that can heal its own Imbalances.**

Homeopathic practitioners have been using this principle of healing for decades—by healing “like with like.” (Homeopathy describes Imbalances as “symptoms,” and uses remedies

made from elements to heal element-Imbalances. For more about this, see AMF’s article “Homeopathy, Element-Remedies, and the Atomic Messages,” at www.ElementMessages.com)

To transform mild Imbalances and strengthen the elements’ positive personality traits in ourselves, we can also use verbal Affirmations, such as those AMF developed and included in our Personality-Profiles for each element.

The elements’ spiritual lessons for us individually, and for humanity’s larger development

As AMF’s members looked over the wealth of information we had discovered and considered its implications, we realized that the elements’ 118 different Atomic Personality Patterns and Atomic Messages open up new possibilities for human development. The elements’ gifts to humanity offer us not only new potentials for people individually, but also larger spiritual lessons for humanity overall. Here are two key implications.

1. The elements’ Atomic Personality Patterns show us a wide range of potential personality traits and abilities that we can develop in ourselves as individuals.

The Atomic Personality Patterns offer a diverse range of positive qualities and personality traits that you or I can develop and express in our own personalities. They offer traits such as Love, Generosity, Courage, Integrity, Playfulness, Innovative Thinking, Kindness, Purposefulness, and more. Some elements’ personality traits are actually the opposites of other elements’ gifts—in other words, the elements are teaching us that there is not just one correct way to be, but that we have many ways to express ourselves. (More about this below.)

2. The elements’ gifts suggest greater potentials for humanity as a whole.

The Personality Patterns offered by the elements also teach us about humanity’s overall potential, because these energetic Personality Patterns affirm the many deeply spiritual gifts and potentials that we human beings can develop and express. For example:

- **Sulphur** represents “the Joyously Loving Friend-to-All,” and **Selenium** represents “the Giver of Gentle Unconditional Love” (for example, as exemplified by Mother Theresa and St. Francis of Assisi). These elements’ gifts remind us that we human beings have the ability to express pure love from our hearts.
- **Molybdenum** represents “the Leader who Serves Unselfishly,” and **Platinum** is “the Powerfully Charismatic Spiritual Leader” (such as Gandhi or the Dalai Lama). These elements’ gifts remind us that we can use our power to serve a Higher Good.
- **Bromine** represents “the Forgiver of Abuse,” and **Astatine** represents “the Loving Social-Justice Activist” (for example, Dr. Martin Luther King, Jr. or Nelson Mandela). These elements’ gifts teach us that we can stand up against injustice and oppression while still expressing values such as Truth, Peace, and Love.
- **Tin** is “the Supporter of Diverse Individualized Self-Development,” and **Lead** is “the Sharply Insightful Life-Coach.” They remind us that each of us is here to develop and express our own unique individuality.
- **Manganese** is “the Helpful Person,” and **Niobium** is “the Member of a Mutual-Aid Network.” They remind us that we are also all here to help each other.

So the personality-gifts that the elements vibrate not only offer us a wealth of models for how we can express ourselves, relate to other people, and deepen our spiritual growth. They also bring us a new awareness of the amazing potentials available to humanity.

Deeper insights about our world

Since each element is connected to a deeper meaning, the elements’ Atomic Personality Patterns and Atomic Messages can also help us look beyond the physical appearances of a situation to discover its deeper meaning (or “its deeper spiritual meaning”) for us.

For example, the material elements cadmium and mercury are toxic heavy metals that are increasingly dangerous environmental pollutants. But **Cadmium** also represents “the Alarm-Ringer/Whistleblower,” bringing us the ability to talk openly with other people about problems in order to discover solutions; and **Mercury** represents “the Light-Shining Problem-Solver,” bringing the ability to calmly face even the darkest, most difficult or dangerous problems because we know that we can find a solution. So while at the physical level these two elements are threatening our environment, at a deeper (spiritual) level their Atomic Messages are telling us to “Wake up! Pay attention! You have a serious problem here—but there is a solution, and by talking to other people in order to find a solution, you can find it!”

Larger lessons from the elements’ deeper meanings and Atomic Messages

Not only can we learn from the unique personality-gift of each individual element. We can also learn from the Lessons of all 118 elements together about our larger potentials as members of the human race. By teaching us about human relationships and the pathways to Peace, Love, and Healing across our planet, these larger lessons can help us more fully appreciate diversity and develop greater empathy and compassion.

- **Appreciation of Diversity**

One of AMF’s most surprising discoveries was how varied the 118 different Atomic Personality Patterns are. In fact, some elements’ personality-gifts are actually the opposite of others’ gifts! Some elements’ Personality Patterns encourage us to be quiet and gentle, while others help us be self-expressive, even blatantly self-assertive. Some Atomic Messages support our introspection and internal self-development, while others encourage us to actively reach out and engage with other people. Some elements’ Lessons help us develop goals and commit ourselves to completing them, while others encourage us to be playful, live in-the-moment and go-with-the-flow. Some elements’ personality-gifts help us recognize danger and protect ourselves or other people from harm, while others’ gifts support us in being open and non-judgmental while exploring and enjoying the world around us.

In other words, the 118 different personality-gifts from the elements offer us a wide variety of possible ways to develop and express ourselves. The elements are teaching us that there is not just one correct way to be! So the elements’ personality-gifts and Atomic Messages can help us more fully appreciate both the unique gifts that each person brings, and also the broad diversity of humanity’s gifts.

- **Empathy and Compassion**

Recognizing the elements’ deeper meanings can help us be more fully aware of the issues and problems that we and our fellow human beings are dealing with. Not only can the elements’ gifts and Imbalances teach us about the problems and issues in ourselves and our own lives that need to be healed and transformed; we can also see the Atomic Personality Patterns in others’ struggles and difficulties. The elements’ deeper meanings can help us empathize with other people’s challenges, and can help us forgive more easily, because we can recognize both our own and others’ weaknesses and shortcomings as element-Imbalances that need to be healed. And they remind us that there is a positive gift hidden within each Imbalance.

The Spiritual Periodic Table: Deeper meanings of the 7 Rows and 18 Columns

Just as each individual element has its own unique deeper meaning, AMF discovered that each Row and Column in the Periodic Table also has a deeper significance.

The 7 Rows: AMF discovered that the 7 Rows of the Periodic Table correspond to the 7 Chakras—the body’s seven energy centers as described in the yogic tradition. For example, the personality-gifts from the elements in Row 1 of the Table—hydrogen and helium—are related to the qualities of the First (Root) Chakra. The personality-gifts from the elements in Row 2 of the Table—lithium, beryllium, boron, carbon, etc.—are related to the qualities of the Second (Sexual, Relationship and Creativity) Chakra. The personality-gifts from the elements in Row 6 of the Table, which include not only cesium, barium, etc. but also all the Lanthanides, are all related to the qualities of the Sixth (Third Eye) Chakra, which represents Perception and Intuition. And the personality-gifts from the elements in Row 7 of the Table, which include not only francium, radium, and actinium, but also all the Actinides and Trans-Uranium elements, are related to the qualities of the Seventh (Crown) Chakra, which represents Spiritual Awareness.

Since all of the “trans-uranium elements” (the 26 artificially-synthesized elements that come after uranium) are in Row 7 of the Periodic Table, this means that each of these man-made elements brings us a personality-gift related to the Seventh Chakra—Spiritual Awareness. Although at the material level these trans-uranium elements (such as plutonium) are dangerously radioactive and toxic, at the spiritual level each of these man-made elements brings us new potentials for greater spiritual awareness. Since most of these new elements have been synthesized since the 1940s, we at AMF believe that the spiritual gifts brought by these new elements have been stimulating the increasing awareness of humanity’s energetic and spiritual potentials, a process that has been emerging since the middle of the twentieth century.

The 18 Columns: The 18 Columns in the Periodic Table also have a deeper meaning, related to a wave of rising and falling activity. This wave begins with the elements in Column 1 (representing “New Beginnings”), rises to a peak of activity in Column 10, then gradually falls back down to rest with Column 18 (which represents “Turning Inward, Resting”). Here is an obvious correspondence between the material elements and their energetic Personality Patterns: The elements in Column 18 are called “inert gases,” because in general these elements do not mix with other elements, but simply hang around, doing nothing; so at the material level, the elements in Column 18 physically express the spiritual theme of Turning Inward, Resting.

This wave of Rest-Activity-Rest resembles other spiritual or energetic systems, such as the five-element theory of Traditional Chinese Medicine. From this perspective of TCM, the

Personality Patterns of the elements in Columns 1 and 2 are related to “Water” (New possibilities, new beginnings); Columns 3, 4, 5, and 6 are related to “Wood” (Active growth); Columns 7, 8, 9, and 10 are related to “Fire” (a Peak of energetic activity); Columns 11, 12, and 13 are related to “Earth” (Harvesting); Columns 14, 15 and 16 are related to “Air/Metal” (Letting go); and Columns 17 and 18 return to “Water” (Resting, developing new visions for the future).

The differences between the physical elements and their energetic Personality Patterns

If you are familiar with the elements’ physical or chemical properties, you will have noticed from the examples in this article that there is often a rough resemblance between an element’s material properties and its energetic personality trait—but this is not a simplistic one-to-one correspondence. The elements’ Atomic Personality Patterns that we human beings express are not mere copies of the elements’ physical and chemical properties.

To understand the differences between the physical elements, their energetic Atomic Personality Patterns, and how these energetic patterns are expressed in our human personalities, AMF suggests the metaphor of a “Wireless Internet of the Universe.” Each of the 118 different Atomic Personality Patterns is an energetic pattern—that is, a “program of energetic information” in the “cloud.”

Each of these energetic “programs” can be “downloaded”—into both the corresponding physical element, and also into human beings, into ourselves. 118 different elements—118 different energetic Personality Patterns we can connect to and duplicate in ourselves. (See Figure 1, “The Downloading Diagram.”)

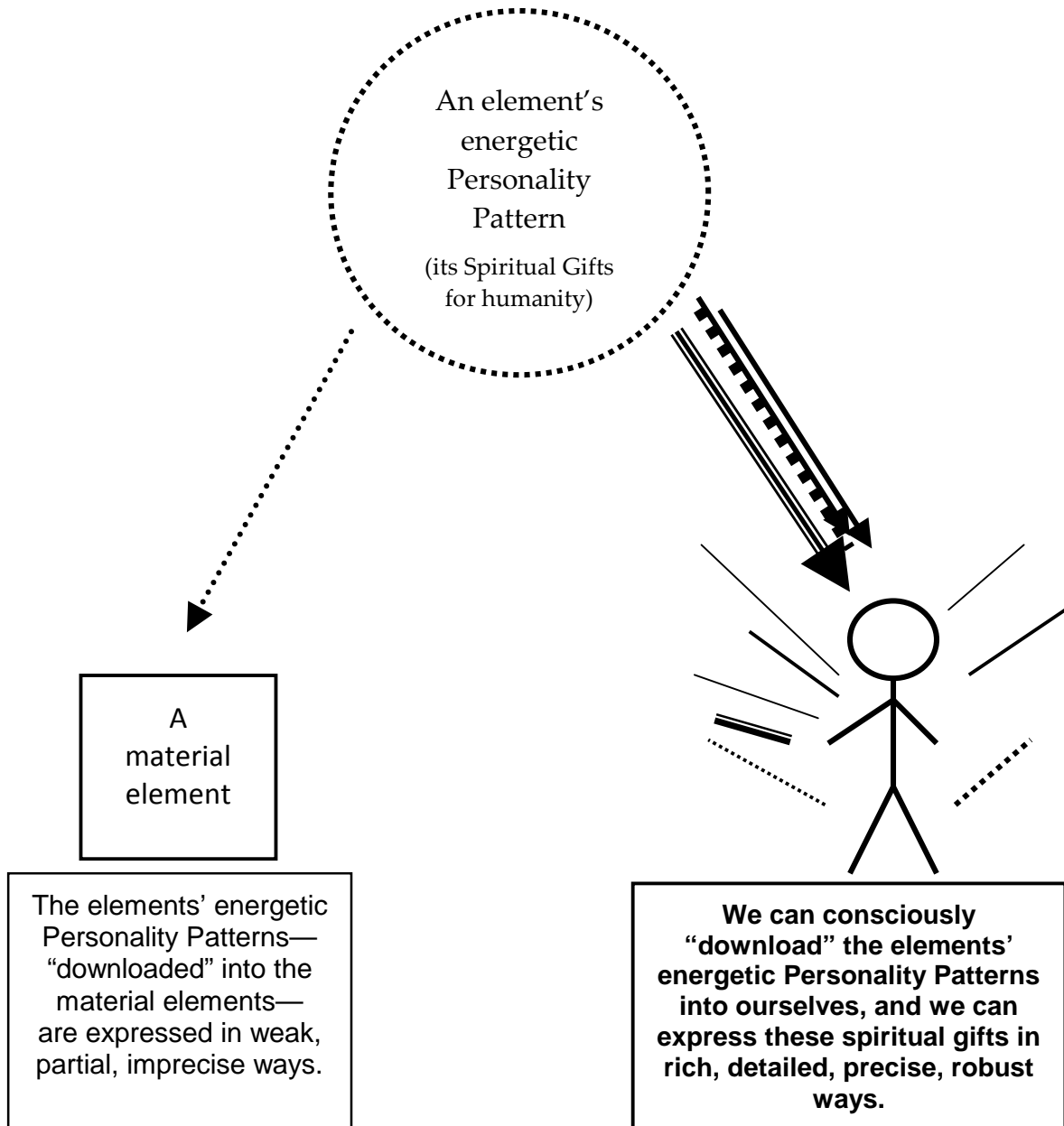
The Downloading Diagram is a visual representation of how the elements’ Atomic Personality Patterns are expressed in the material elements and in human beings. You might recognize that the Downloading Diagram resembles other philosophical, spiritual, and scientific explanations of reality, such as the eminent physicist Sir James Jeans’ statement that “The universe begins to look...like a great thought.” (Actually, it looks like 118 great thoughts!) The Downloading Diagram also demonstrates the formula $E=mc^2$ —the assertion that energy resides within matter. Or as the Bible says: “In the beginning was the Word, and the Word was made flesh.” (It’s not a coincidence that **Hydrogen**, the first element in the Periodic Table, represents “the Ongoing Creator of New Ideas”—new ideas that can then be materialized.)

As Figure 1 shows, because the material realm is essentially simple and straightforward, the material elements can only express rough, partial, incomplete versions of these energetic Personality Patterns. Material elements have their own physical properties, and they combine with other elements chemically and physically—but the material elements do not think, feel, love, grow, or create as human beings do. So the material elements can only express rough resemblances of the Atomic Personality Patterns and the personality-gifts they offer.

By contrast, because we human beings are complex creations—with consciousness, spiritual awareness, the ability to love and create, and enormous potentials for growth and transformation—when an element’s Personality Pattern is downloaded into us, we can express the full range of that energetic Personality Pattern in rich, robust, detailed, refined, precise ways. In human beings, the elements’ energetic Personality Patterns can influence us at all levels—physical, mental, emotional, energetic, and spiritual; these patterns can heal and transform us, can help us develop our abilities and expand our potentials.

Figure 1.
The “Downloading Diagram”: How the elements’ energetic Personality Patterns appear in the material elements, and in human beings.

An element’s energetic Personality-Gifts are expressed in a weak, partial, imprecise way in the physical form of that element, and in a rich, detailed, robust way in human beings.



Furthermore, AMF’s explorations suggest that the energetic patterns of various elements are naturally downloaded into people, so that the Personality Patterns and gifts of each person’s own unique set of elements are an innate part of their personality. And we can also consciously download an element’s Atomic Personality Pattern into ourselves, by understanding what that element’s personality-gift represents (for example, by using the information in the elements’ “Personality-Profiles,” or by working with Affirmations such as those AMF developed for each element).

The times we are living in today are difficult and troubling, and it’s easy to feel confused, discouraged, helpless, or overwhelmed. However, the Atomic Personality Patterns and Atomic Messages from the 118 elements of the Periodic Table—both as individual elements, and also when understood together—offer us a larger positive vision for humanity’s healing and new possibilities for our future spiritual development.

To discover how you can more fully experience the elements’ personality-gifts and Atomic Messages in your own life, or for more information about the work, educational programs, and publications of the Atomic Messages Foundation, see our website, www.ElementMessages.com

About the Author: **Barbara Allys Brandt** is a social change activist, author, international public speaker, and energy-healer from the Boston area. In 2003, after receiving the insight that each of the elements in the Periodic Table has a spiritual meaning and brings a positive personality-gift for humanity, Barbara brought together a group of psychics and energy-healers who tuned into and “interviewed” each of the elements to learn about their spiritual meanings and gifts. Barbara developed the questions that her psychic team used in communicating with the elements; then she compiled their findings, along with additional information from other sources, including physics, chemistry, biology, neuropsychology, and various energetic healing systems, to put together the material in our publications and workshops.

Barbara has taught the Atomic Messages material at the Boston Theosophical Society, the National Conventions of the American Society of Dowsers (in 2006, 2007, 2008, and 2014), and she authors our publications, which include two books (available through the Atomic Messages Foundation website, www.ElementMessages.com):

- ***The Atomic Messages of Peace, Love, and Healing:*** *How the Energy Patterns from the 118 Elements in the Periodic Table Influence our Behavior, Expand our Potentials, and Bring New Possibilities for Hope, Change, and Spiritual Growth.* (145 pages—includes detailed Personality-Profiles for the first 75 elements in the Periodic Table and a deck of 75 Element Cards you can use for connecting to the elements.)
- ***The 43 Off-the-Chart Elements:*** *The deeper meanings of the Lanthanides, Actinides, and Trans-Uranium elements, and how to interact with their spiritual energies and personality-gifts.* (55 pages.)
