



The History of Gnomes



General Information

Today, gnomes are nearly forgotten beings. It is not a coincidence that the word gnome stands for 'home administrator' or 'home spirit'. In earlier times, (768-814 AD) the gnome was an accepted member of society and seen regularly in Europe, Siberia, and Russia. But today, gnomes have been forced to retreat into hidden places and below ground. However, they often make their home in the oak trees.

To be protected, gnomes move about during twilight or throughout the night. It is rare to see a gnome wandering about during the day. The female gnome prefers to stay at home, where she is more protected.

A gnome keeps track of his age through the growth of an acorn planted in the ground under a tree, usually an oak tree on his day of birth. As soon as the tree is large enough, it is marked with runic writing by the parents. At the same time, a copy is carved on a clay tablet. This tablet is given to the gnome on his 25th birthday. Very large oak trees sometimes bear the runic writing of more than one gnome born in the same year.

Horses in a stable or meadow will never step on a gnome. Without fear, the gnome can walk about between horse's legs, or even fall asleep under them. They have been known to help all animals, no matter their size. In return, the animals offer help to them. They have a relationship and bond so special, indeed that humans can learn from them.

Bodies

The adult male gnome weighs about 300 grams and the adult female gnome weighs about 250 grams and they are about 15 centimeters tall. They can live until 400 years old.

Gnomes' brain span is relatively larger than that of a human. They have three more ribs than humans; their arms are longer, their legs are shorter, and their feet are much more powerful than ours. With no difficulty, they can run much faster, jump much higher, and are relatively seven times stronger than men. Their ears are always pricked up, and their transmission to the brain occurs with greater electrical capacity. They have a great nose size so they have a radio-light connection by the transmission of smell to the brain, much like a dog or fox. Their cheeks tend to get bright red from emotions. Their fingertips are as sensitive as those of a blind person. As for their taste buds go, they have only four, sweet, sour, salty, and bitter. Their eyes have an unlimited vision in the dark and their pupils are very flexible, allowing for maximum light intake.

Gnomes have known about acupuncture for many thousands of years. They use gold and silver needles.

Emotions

Gnomes have emotions just as we do, however, they are a far more cooperative and peaceful race. They are extremely responsible and have a daily devotion to it. They are very tender with each other and show a tremendous amount of warmth and respect. The harmonious nature of the gnome has become so much a part of their life that they cannot make heads nor tails of human aggression and cruelty. If a husband and wife have a difference of opinion or get irritated, which seldom happens, the usual solution is for the grieved party to have 15 minutes to speak. Then the other party must wait 24 hours and then they have 15 minutes to speak. When all is back and agreed upon they take a pleasant bath together because they find water to be very soothing and cleansing.

All in all, they are a race to be emulated. They hold all the positive, emotional attributes in high regard that humans were supposed to.

Marriage and Family

When a male gnome is about 100, he begins to think about marriage. Plump womenfolk, round of form are always considered the most attractive. When he finds his mate, he must get permission from his future in-laws. Before this can happen, they must go and inspect his house. The wedding is always simple, under the bride's birthday tree and a cuckoo clock is the wedding present. The bride's wedding present is a colorful dowry chest.

The female ovulates only once in a lifetime. Therefore, the honeymoon is used to become pregnant. Pregnancy lasts 12 months and gnomes always birth twins. They can be a boy and a girl, two girls or two boys. A twin crib is built that is one piece with a rocking chair so they can be rocked.

Gnome children wet their beds until they are 12. They live with their parents until 100 years old. Fathers leave the tending of the girl child to the mother. However, when the boy is 13, the father takes the boy outside to teach him everything he should know. Knowledge of every kind of herb, how to run very quickly, methods of escape, how to handle a divining rod, woodworking, painting, and most importantly, how to whistle. This is a very important way of calling for help when needing to be protected. When the son is 75 years old, he is taken before the Regional Council as an initiation. After a few uncomfortable days and nights, the boy is rewarded with entry into the fellowship.

Girls are instructed by their mothers. They learn cooking, spinning, knitting, how to identify animals of prey, and how to bottle feed all the surrounding little animals that have lost their mothers. At an early age, they know everything about running a home.

Meals

They drink tea made from mint, rose-hip, linden berries, and jasmine. They eat eggs from small songbirds, mushrooms of all kinds, porridge from grass seeds, bread from acorn meal, ant eggs, jams from every kind of berry, butter from sunflower or turnip oil, and sugar made from honey or sugar beets. They do not eat meat but consume all sorts of vegetables, and high protein plants, and beverages made from berries and honey.

They hold water in very high regard and feel it is more important than food. Before every meal, the gnomes hold each other's hands and silently wish each other a successful meal.

Homes

Their houses are made from wood, and their doors and shutters are usually hunter green. They are meticulous when it comes to their homes. Lighting is important because they live underground, so candles are a necessity or oil lamps. They make their knives and forks from deer antlers, their dishes from their pottery skills and they are very advanced when it comes to glass blowing. To color the glass, they melt rock crystals such as amethyst, yellow topaz, agate, red heliotrope, and green plasma. As well they are experts in carpentry and metalwork.

Clothes

Their clothes are of the utmost importance to them. They plant flaxseed in a secret garden, taking care to place seeds very close together. After a period of growth, all unripe yellow stalks are removed. Flax fibers are then separated through a metal comb, flattened, and rolled into balls. The women spin the prepared flax into fine thread and after twining it, weave it on a loom. Stray pieces of sheep wool found blowing in the fields or caught on fences are used to make blankets and sweaters.

Because the gnome is very short, their cap is extremely important. It is used as protection against things falling on them. Babies are given a cap to wear at a very young age.

The females wear blouses, skirts to ankles, no brassieres, knee socks, soft shoes, and bloomers. Until they are married they wear a peaked green cap with braids sticking out. After marriage, the cap is a much darker green and a scarf covers her hair.

The males wear a peaked red cap. They always have a beard. They wear a blue smock, brown-green pants felt boots, or wooden clogs. Their belts are large with a tool kit attached, consisting of a knife, hammer, drill, and other necessities.

Leather is not readily available. The skin used must come from animals who have died an unnatural death, such as a car accident, severe frost, pesticides, or fighting. Leather is also used for making pants, tobacco pouches, boots, shoes, purses, and belts.

Language

Gnomes speak their own language, but we will never hear it. However, it is certain that animals understand it. The only words that researchers have come to understand are “goodbye” is ‘Slitzweitz’ and ‘thank you’ is ‘te diews’

The gnomes are known to speak many languages, including English.

Other Elementals in Alignment with Gnomes

Elves are airy spirits of nature. They are here to play and bring about high, focused intelligence.

Dwarfs look like Gnomes but they never have beards. As well they do not have a vested interest in helping mankind and the world.



The Elemental Beings

The elemental beings were first discovered in the 16th century, by Paracelsus, a Swiss alchemist, and physician. He described them as the invisible, spiritual counterparts of visible nature. They are regarded not so much as spirits, but as beings that have physical and humanoid bodies. As well, they have human habits, such as eating sleeping, and wearing clothes just like humans.

The elements of earth, water, air, and fire were classified as the fundamental building block of nature, and each element has a magical being attached to it, that is highly influential in natural philosophy.

The Rosicrucian's claimed to be able to see these elemental beings. However, they claimed that in order to see them, one would have two eyes connected to a universal intelligence that held miraculous curative powers. They are also said to be immortal.

As time went on and humanity started focusing more on the third denser dimension of the material world, these magical beings went into hiding. Eventually, they became unknown to humans because of our undeveloped senses. However, do not think for a moment that they do not exist. Though they are rarely visible, they are still very busy trying to help us and this planet.

The following are the archetypal beings for each of the four elements.

Elements	Beings	Descriptions
Earth	Gnomes	Short
Air	Sylphs	Strong and Rough
Water	Undines	Similar to Humans
Fire	Salamanders	Long and Narrow

Earth – Gnomes



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A gnome is also known as a dwarf or elf. They keep track of their age through the growth of an acorn planted in the ground under an oak tree on their day of birth. As soon as the tree is large enough, it is marked with runic writing by the parents.

Horses in a stable or meadow will never step on a gnome. Without fear, the gnome can walk about between the horse's legs or even fall asleep under them. They have been known to help all animals, no matter their size. In return, the animals offer help to them.

Gnomes are extremely responsible and have a daily devotion to it. They are very tender with each other and show a tremendous amount of warmth and respect. The harmonious nature of the gnome has become so much a part of their life that they cannot make heads nor tails of human aggression and cruelty. It is quite obvious that we have much to learn from them.

The gifts of the Gnomes are cooperation and peacefulness. They love teamwork and work together in love, harmony, and reverence.

Air - Sylphs



Sylphs are defined as an air spirit being and is sometimes referred to as a fairy. They take on many forms, including cloud shapes and forms of light. Owing to their rich mythology and imaginative forms, they appear in many rituals, traditions, and cultural objects, from famous poems, to ballet, to video games and wonderful stories.

They are invisible beings that act out the will and spirit of the air. The other elemental beings, when matching the forms and moods of the sylphs reflect the whole picture of mother nature.

Sylphs are different from the elements, in that though they are strong and forceful, they are weak when encountering the ugly, challenging difficulties of this world. They are traditionally female in appearance, beautiful and graceful, with bodies like ballerinas. They vary in size, from insect-sized or even larger, and may or may not have wings.

Sylphs are said to be emotionally clear and direct. They love when the air is clean, so they can easily cut through the challenging baggage we carry. They want to turn our nightmares into fairy tales.

The gifts of the sylph are though they are whimsical and capricious, they are strong where, when, and how they need to be.

Water – Undines



Undine is derived from the Latin word unda, meaning ‘wave’, which is why they are the elemental beings associated with water. They are also called ‘water nymphs’. Because they are associated with water, they are believed to be mostly female. They are usually found in forest pools and waterfalls. Their beautiful singing voices are sometimes heard over the sound of water.

Though they exist on a plane different from that of humans, they do occupy the same space as us. Hans Christian Andersen’s book ‘The Little Mermaid’ plays on the importance of the Undine.

Undines usually take the form of a beautiful woman whose long hair and gown are made of water, fish-like fins in place of ears, blue eyes, and pale skin that is almost blue.

The Undines came to become heroines for the greater good. They want to cleanse and purify all the negative thought forms and actions, through the use of water. They have been described as wanting to be the ‘shoes to our feet’ and the ‘breath to our lungs’.

The powers of the Undines are healing, the ability to cry, telepathy, speed, shape-shifting, and psychic abilities. They are also emotional but different from the gnome. They cannot and will not and cannot tolerate any violence or betrayal of any nature.

Fire - Salamanders



In folk tradition, the salamander is said to be invulnerable to fire, as it is born from flames. It is associated with the lizard, which has the ability to reemit the light that they absorb. A study finds that this feat is known as bio-fluorescence.

The salamander is also known as a fire bird and these fire birds can burn up evil. They use telepathic magic to generate and manipulate fire, as a way of burning away the darkness that has been created.

The expression “out of the ashes, rises the Phoenix” all has to do with the salamander. This is based on the fact that they represent immortality, rebirth, and passion.

In Aztec mythology, the salamander is the last reincarnation of the God of Fire, who took that form after refusing to sacrifice himself. He did this so he could launch the age of the Fifth sun, which is the era of the creation of mankind.

The gifts of the salamander are strength, agility, stamina, and durability. They make it very hard, if not impossible for one to destroy them.