

Welcome to the
Extraordinary Soul
Mystery
School



Module 5



Module 5

The StarMaiden Medicine Wheel Teachings: North-The Air Door

Items needed for this module:

- 4 stones laid out in a wheel with a candle in the center
- A potted plant or access to outdoors
- A strand of your hair
- Cornmeal or tobacco
- Lighter
- A place to safely burn some papers



We begin this portion with:

Wide-Angle Vision – This is an apache practice that activates and begins to train your brain to respond to you. It is the conscious act of broadening your senses and your vision to take in more than just what is in front of you. Begin by holding your thumbs in front of you and focus on them. Then expand your arms out to your sides until you can just barely see your thumbs, and hold your vision in this position. You can practice it during your sit spot time or any time you want to awaken this part of your wilderness awareness. Another way to practice is to slip into wide-angle vision and then fox-walk



The Give-Away

Air is associated with things of the Mind so ask yourself what you need to give away of your mental life in order to find truth and wisdom. What areas of your thinking do you wish to banish from your life? The negativities? The despondencies? The hateful and destructive? The lustful? The greedy needy? The revengeful? Determine what it is you want to get rid of and what its polar opposite is with which it should be replaced and associated with this feather in your hand. Then bury the feather as a sign of banishment, and of its being transformed.

Then ponder: 'What must I give away to bring blessings to others? My thoughts. How? By sharing inner thoughts and mental discoveries with others. Why? Because truth and wisdom cannot be locked away as in a vault. It must flow or it will stagnate, wither or die. New understanding is received to the extent that what has been learned is passed on so that others may benefit. A book or a class is a tangible example of a Give-Away of the Air Door.

Air Element Exercises

Directional Quest – Why Am I Here?
"Go to your place among the trees and face the North or the North Door of the Medicine Wheel, and take a token of the animal kingdom (a feather). Hold this in your left hand over your center, with your right hand covering it. The question to be asked on this quest is "Why am I here? What is my soul's purpose in this life?" Again, stay alert, watch and listen. Record your ideas in your journal..



**Air Element Exercise
The Sacred Pipe Ceremony**

Through your journey around the Medicine Wheel you have come to recognize your oneness with the universe and its powers, and your relationship with all who share the Earth environment with you. You have come to realize also that at the center of it all dwells Creator/Creatrix, Wakan-Tanka, and that center is everywhere, within you and within everyone and everything. You have come to know the spirit of the four directions. You have come to know the powers of Light and Life, of the Sky father above and powers of Love and Law of the Earth Mother beneath.



Having journeyed to the North on the path of knowledge and wisdom, we can now pause to contemplate the American Indian's most treasured possession—The Sacred Pipe. The Sacred Pipe is at the core of Medicine teachings and ceremonies. It is a summation of the American Indian's wisdom and outlook on life, for the Pipe is more than a spiritual tool, more than a ceremonial implement. It is even more than a symbolic representation of all that exists and shares a common source and a common breath, for it contains an 'aliveness' that can unlock some of life's deepest mysteries. It represents the masculine (the stem) and the feminine (the bowl) coming together in sacred union. It was a way to bring all aspects of Nature together to "pray with" those doing the ceremony. In this way, all of heaven and earth unite to support the prayers being offered. To close our journey together around the wheel, we will participate in a pipe ceremony.



Centering

Re-Integration – Using the Wheel after this Retreat.

Make no mistake. You are altered. Your life will never be the same. And that is a good thing. When you go home, things may not look or feel the same. Here are a few tips to help you integrate what you learned here with your world "out there."

1. Be kind to yourself. Take it easy. Try to abstain from mind-altering substances (alcohol, drugs, sugar, TV, radio, etc.) for at least 24 hours. Let the teachings that your body has taken in establish themselves.
2. After about 24 hours go back to your usual routine, and simply notice if anything feels different. Notice your thoughts and emotions. Use your journal to process them.
3. Do the Apache Scout practices. Sit-spot is a good one to start with, even just once a day.
4. If you would like to work with the wheel at home, you can use 4 small rocks and a tealight. Set them up in front of you in the configuration that we have established: North-Air, East-Fire, South-Water, West-Earth, Center-Ether. You can put them on a desk in front of you, or in the floor inside or even outdoors so you can sit inside the wheel. If you are using a desk, you can just sit behind the direction you want to work with.
5. Balancing your "shield" or wheel, is as simple as just sitting in each direction and listening for guidance. If you want to do more here are some suggestions for each doorway.

Begin in the South and ask these questions: Am I giving with my emotions? Am I clear, clean, and current? Is there anything I need to release?

Move to the West: What am I holding in my body? Am I metabolizing energy? What else do I need to know?

North: What am I receiving with my Mind? Am I learning and growing? Are there places I need to adjust? What am I allowing to live in my mind? What do I need to change?

East: Am I determining with my Spirit? Where am I going? What is my next step? Am I on the right track? What are step-by-step actions I can take to achieve my goals?

Talk to the Earth. Get outside with your bare feet on the ground. Let her know how much you love her and how much you appreciate this life.

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**Gratitude
&
Closure
Ground**

