

Welcome to the
Extraordinary Soul
Mystery
School



Module 2

Module 2

The StarMaiden
Medicine Wheel
Teachings:
South~The Water
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 few beans
- Cornmeal or tobacco
- Lighter
- A place to safely burn some papers



Lay out rocks
Connect, Call in Sacred Space



**Open to
Receive**



We will begin the day with:

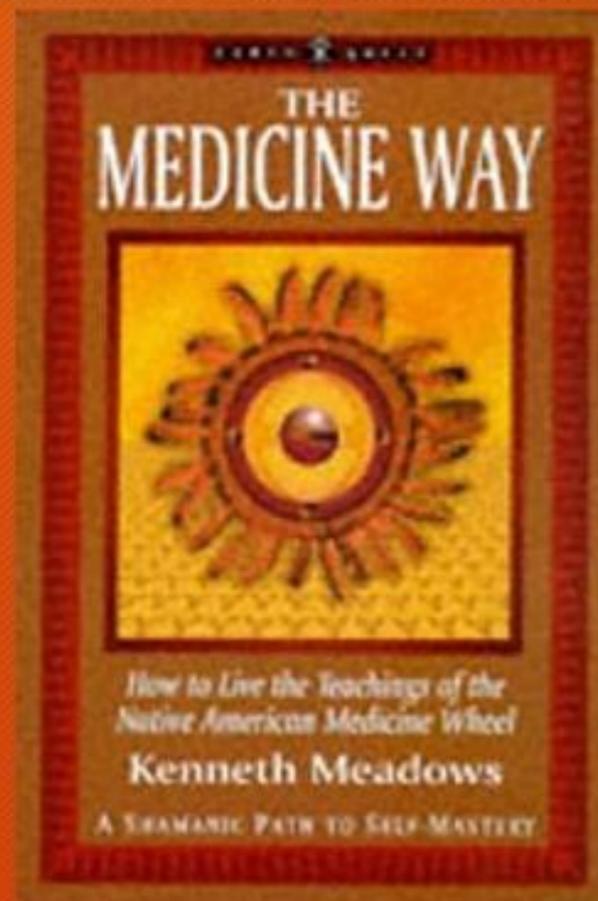
Sit Spot - This is a simple practice of doing your morning and evening prayers outdoors and connecting with Mother Earth and Father Sky, even if it is only for 5 minutes in the morning and evening. Make it a point to do it about the same time and in the same spot every day for at least three months.



Elemental Doorway Exercises

These exercises are based on the exercises found in the book, *The Medicine Way*, by Kenneth Meadows. They are divided into categories based on the Earth Elements. Each direction has several exercises, which we will complete at least once during our time together. Many of them only take a few minutes, but serve to focus the energy of the doorway into your consciousness. During your own private practice, you can choose any or all of them in any sequence. You can also just choose to “sit and listen” or pull a card in any doorway and get answers you may be searching for. Your own inner wisdom will begin to guide this process, and will become much more clear the more you use it. They are very simple and can be a touchstone for you that will open a doorway to your inner world.

As you move through the doorways, take notice of the order in which the doorways are chosen. See how it feels to move through them in this way. Does it make sense to you? Why or why not?



Directional Quest – Who Am I?

If you are outside, sit with your back against a tree (if you can find one) and face the South, the direction of Water. If this is not possible, you can sit near a body of water, or sit in the south in the wheel. Take with you a token of the kingdom that is related to Water—the Plant Kingdom. A few seeds, grains or beans...When you are comfortably seated, hold these in your left hand placed over your navel. Rest your right hand over your left hand. You have now established a focal point. Now ask the question: “Who Am I?” and just sit and wait for the answer. This is a question which implies more than the identity of the personality self. It is concerned with your permanent self, your Spirit Self. Ask the question 4 times then relax and just watch and listen. An answer may not come right away. When it does it is likely to be in an unexpected way. When it comes, record it in your journal. Then do the following exercise.

The Give-Away

“The Indian regarded needs as those things which, when denied, caused long-term pain. Needs are what we feel we must have, but can only be supplied by others. Satisfy the need and the pain vanishes—but only for a short time and then there is the need again, crying out to be satisfied. Needs continue, so only short-term pleasure is obtained by satisfying needs.

Desires were regarded as things that do not require outside help to satisfy. Desires were what you could obtain for yourself and always brought pleasure. Since the Water Doorway is related to emotions, consider now what ‘needs’ of your emotional life you would like to have banished in order to attain emotional harmony. What emotional needs would you like to give-away? Associate the needs you are giving away with the seeds you are holding in your hand. Bury the seeds which represent the needs. You are thus giving up that which has caused you pain. You are giving those needs to the Earth to be transformed. Such a symbolic act will impress itself on the subconscious mind which will then act on the ‘instruction.’

Finally, consider what positive emotional attributes it would be desirable to give to others as an ‘offering’ to bring them pleasure. What has been a healing balm for you when you have suffered emotional hurt? The compassion and understanding of someone else, perhaps? Then determine to give your compassion and sympathetic understanding to whoever may seek your counsel, advise, or help.

Before leaving, thank the spirits of the Water Doorway, the spirits of Nature all around you and the Great Spirit, for the help and understanding that has been imparted to you. As a gesture in ‘earthing’ your intention, leave an offering on the ground where you have been sitting. An Indian never took anything from Nature without also giving something in return and often carried such an offering in a pouch.

Water Element Doorway Exercise

“Erasing Personal History

1. Take your notebook, pen, and these instructions and sit by yourself in someplace that represents Water to you. This can be the Medicine Wheel, or down by the creek, or wherever sings to you. Create your mind space where you are perfectly relaxed, perfectly at peace with yourself and perfectly safe in your sealed and strengthened aura.
2. Meditate on the Medicine Wheel. It is a symbol of the universe and of the ‘little universe’ of your own personal reality. It represents, too, the physical plane of existence—its four directions indicating the Four Primary Powers, the invisible realities by which all material things are enabled to manifest, ---all contained and encircled within the embracing love of the Creator. Consider too, the center of the circle—the aperture through which the Infinite becomes Finite. Make a note of the thoughts that come into your mind.



3. Consider the fire in the center of the circle. Imagine that there is a flame within you around your heart area, which never goes out. Picture in your mind this inner flame as you think about the flame in the center of the wheel. Both of these flames have been created by you for a specific purpose—the purpose of opening yourself to your own Source of creativity and power. The fire represents the inner light within you, the Spirit Self that never dies. It represents also the Sun which brings light and life to the material world around you and it represents the spiritual Sun, the divine Source at the center of Creation. Think on these things for a few moments with the realization that the path to creative power and wisdom is thus illuminated and opening up before you. Make a note of your thoughts.

4. Now concentrate on the smoke from the flame. This smoke represents the element Air and the breath of the Divine that keeps the flame alive. Think about this and note your thoughts. Consider the circle in which the fire is burning and which is indicated by the stones. This represents the protective aura around you, the 'womb' that contains you. Connecting with the fire in this ritualistic way creates a communication center which forms a link between your everyday self—your 'worldly', ordinary self—and your inner Self, your High Self, your Spiritual Self, your Source. Record any thoughts about this.



5. Listen carefully to the thoughts that follow and meditate on them. Savor each point. Take it slowly as you recall past experiences and bring them to mind as vividly as possible, then push them aside gently and move to the next point. Make a note of these memories.



Erasing Personal History means getting rid of the garbage of the past, of old beliefs and attitudes which you have been carrying around with you everywhere and which tie you still to a treadmill routine from which there appears to be no respite. Personal History can be defined as 'a strong attachment to a pattern of life.' It is a pattern so strong and you are tied to it so firmly that your thoughts and actions are conditioned to perpetuate it. We all have strong attachments to our Personal History. Without such attachments life would appear to lack continuity and purpose, so why should we try to do away with them? Why attempt to wipe clean our personal history 'tapes' that program our thoughts and actions? Because Personal History is not as you might have supposed, a sort of curriculum vitae of your academic achievements, your qualifications and work experience, your marital state, and so on. IT IS WHAT OTHERS KNOW ABOUT YOU. It is what others think about you. Your Personal History is the picture other people have about you—about who and what you are—and which you endeavor to keep alive. Your parents, for instance, brought you into the world and raised you; they know who you are and what you are, or rather, they think they do! That is Personal History. And you may go through life reinforcing that personal history. Then there are friends, work colleagues, the boss, neighbors...all who know you—or they think they do—and because of that knowledge, that Personal History, they expect you to behave in accordance with it. You continue to do what people expect of you, behaving the way they expect you to behave in accordance with that Personal History. Personal History is fitting in with a package of other people's expectations. Personal History makes you feel obligated to explain and justify your actions and behaviors because of the way others expect you to act and behave. But, of course, if you have no Personal History, explanations are no longer necessary! There are, then, people who know all about you and what makes you tick, but when you ask yourself questions like: Who am I? Where did I come from? What am I here for? Where am I going?—meaning the REAL YOU, the you who is thinking and perceiving, the Spirit You, the Watcher Within, you're perplexed. One reason why you have never been able to find answers to such profound questions before is that you have been trying to live like someone else. You have been trying to be what others expect you to be and that is really not who you are at all, or what you want to be. So what everyone else knows about you is false. Does the need to erase Personal History begin to make sense to you now?

6. Think carefully now about those aspects of your life that may have been conditioned by the positive or negative attachments which came from your parents, from teachers, from people who have been close to you in the past and have had a strong influence on your life at some stage. Perhaps in recalling such matters you find yourself thinking, “Things would have been so different IF...” And there you have it. The things that follow that IF are the very attachments you need to release. So spend some time now going over in your mind the circumstances of your life and make a note of all the attachments you can identify. List them in your notebook. Finish this part and move to the next.

7. Now you are going to let all those attachments go. They are going to be banished from your life. So meditate on the following:



Your physical parents conceived you and gave you the opportunity of incarnating at this time, and your mother bore you and delivered you into this physical world. Now, in your mind, thank them for that.

Yet your parents are not your real parents. They were but the physical vehicles of the Great Spirit through which your earthly experience came to be. Your true Mother is the Earth. Your true Father is the Sun. Think about that.

Your physical parents gave you physical nourishment. Thank them for that. Perhaps they brought you trials and troubles and failed to respond in the way you wanted, but they have given you their share of the Karma you needed and chose. Thank them for that. Perhaps they expected of you more than you were able to give, or loved you more than you were able to love them, but you were a mirror-image of them for in you they sought only to see success where they had failed, and see their hopes fulfilled in you. Thank them for that, and forgive them for that.



They did the best for you they knew how. They may have failed in many ways but while they were your first teachers they were learning too. Thank them for that and be grateful to them for what they have NOT given you as well as what they have given.

Your parents showed you their own imperfections. Thank them for that for your imperfections are many, too. Forgive them for anything you feel they did not do for you. And forgive them for whatever they did that has caused you pain. Now forgive yourself for whatever you thought or said or did not do that caused them pain. But above all, your parents gave you physical incarnation. So be grateful. Thank them and bless them for all they have done for you.

Now, as an adult, LET THEM GO. Let them be your FRIENDS.





On a piece of paper draw a simple representation of your mother and father. They need not be likenesses—simple stick figures will do. You are drawing only symbols. If one or both of your parents are dead, draw them just the same, for the attachments and dependencies exist and continue in most cases long after physical death.

Now in a spirit of gratitude and love, forgiveness and appreciation, release your dependencies on your parents by burning the picture and the list of attachments. You can also offer a pinch of tobacco or cornmeal in the plant or outside. Recognize that you are releasing the false dependencies that have burdened and impeded you. You are now free from them. You have discharged the blockages that have prevented the love that is within your heart to flow out unconditionally as the natural love of a child wishes to do. You have made your peace with the Past. You have begun a more meaningful relationship with the ones who made this incarnation of yours possible. Now they can be your friends.”⁴

(You can repeat this process for anyone you are in relationship with that you find strong attachments to.)

Go back and finish any journal notes you need to finish.



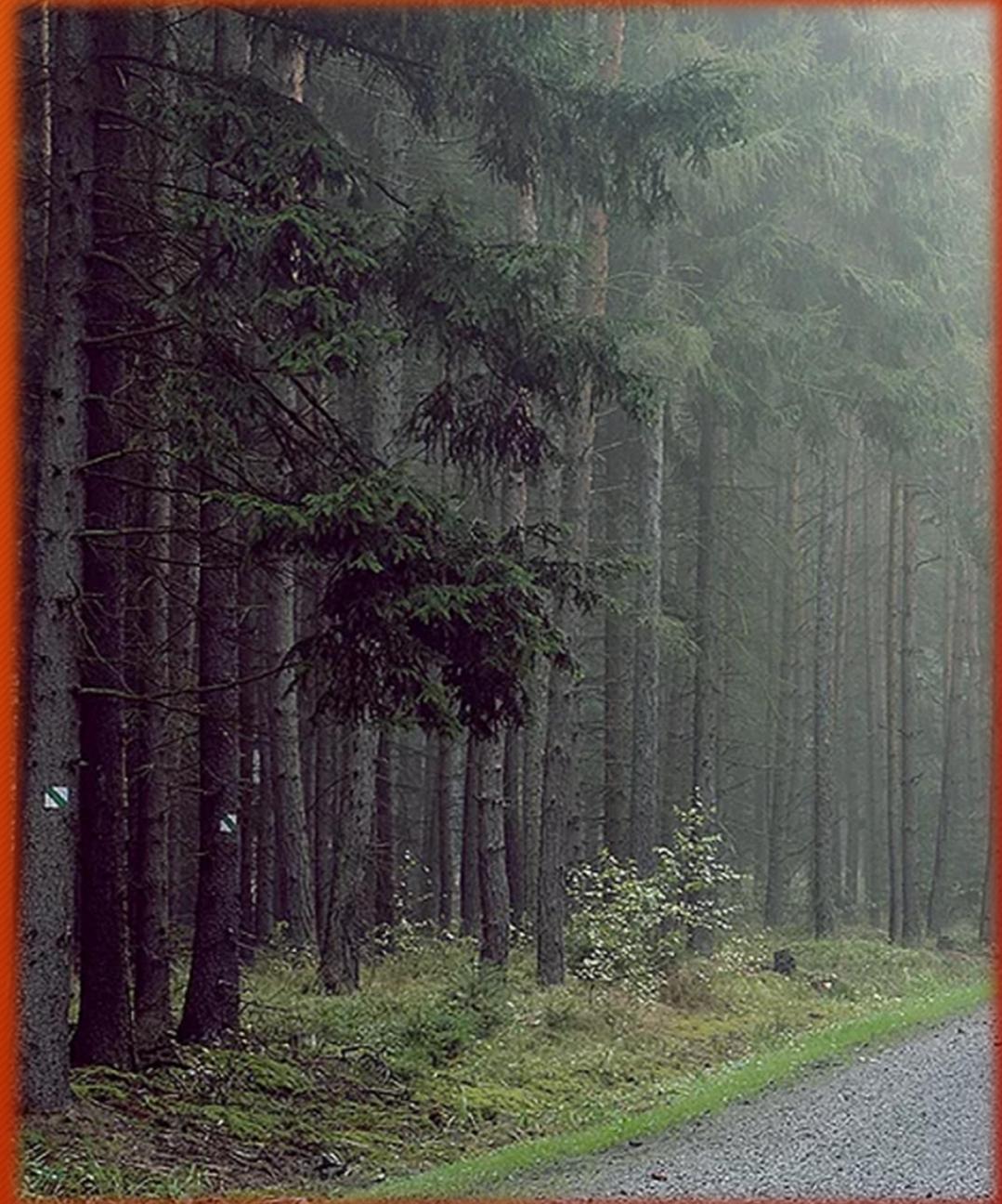


This is the end of the instructions for the first doorway. We will pause the recording and give you time to do the exercise. When we return. We will center, and close.

Centering



Try to do a
Sit Spot this
week



Gratitude
&
Closure
Ground

