

# Extraordinary Soul Mystery School

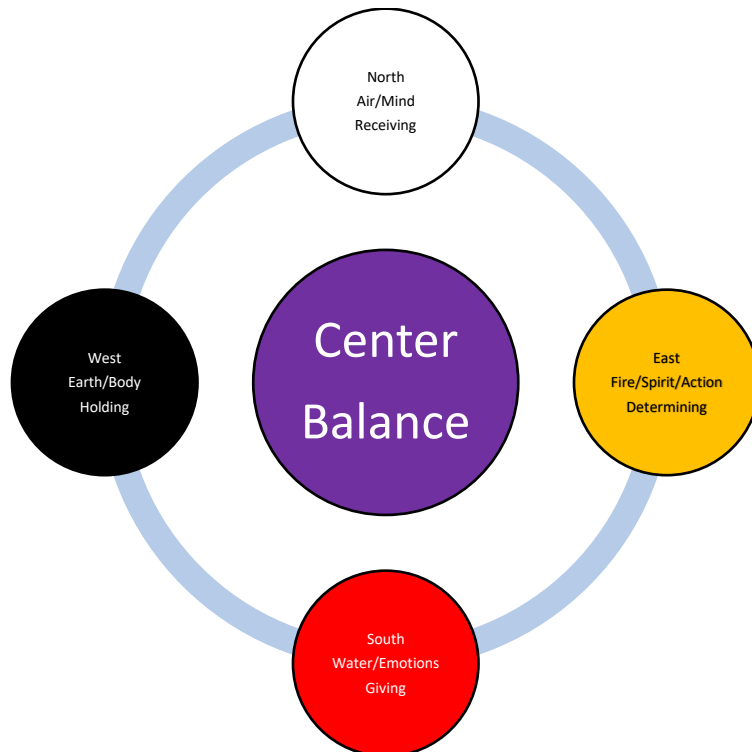
## Module 10

### The Earth Door: Meeting Your Etheric Allies~Your Animal Totems

***“Ask the Ancestors, from all across the planet, for their blessing. Call upon the mana, which is the living life force of Gaia, to flood your entire being. Be still and know you are eternal.”***

***~Kryon***

If you leave here, with nothing else this weekend, I want you to know that Gaia is your Mother and she loves you. She has a personality, a “face,” and a Spirit that is guided by a Heart filled with more love than you can imagine. She has provided us with everything we need to live, grow, learn and become on this planet and be fully Higher Self/Spirit directed or self-directed as we choose. As we are coming to know, the Medicine Wheel is where all this information is housed. As we have stated every weekend: “the Medicine Wheel represents the circle of all life. When you sit in the wheel and evoke the sacred, all life comes to sit in council. The human, only one member of the web of life, can use the ceremony of the wheel to restore contact with all the relations of life. The animal relations, plant relations, stone people, spirit relations, all things come to sit in council. Our connections with the world are thus restored and the healing of the Earth begins anew. The wheel of life, the medicine wheel, is a map for everything in the universe, a blueprint of the web of life. As Black Elk said, this wheel exists in all things. Within each of us, too, the Medicine Wheel exists as our inner council.”



So learning in the West, and placing Earth there, puts us in the position of “Holding with Our Body.” And this is a very good thing! Our body is the most powerful Shamanic Tool on the planet. Being in the Earth Door for 30 days, reacquaints us with our body and we will learn to treat it well. Many of us like to keep our body in the North, in the receiving door, since using this configuration helps us manifest. But if we keep it there and never allow ourselves to process all we are receiving, we can become out of balance very quickly. By the same token, if an electrical cord doesn’t get enough juice through it, the fan will not turn. The same is true in the physical body. If we are not holding and transforming the energy, the body will not work efficiently. A person who gives with the physical body (out default) tends to substitute working, physical rewards and money for loving, hugging, holding and physical closeness, or intimacy. They expect their body to produce their reality. Often these people show symptoms of workaholicism and are totally dedicated to their career. If you receive with the body, this can manifest as physical abuse. Since all energy is incoming, you become lethargic and have not energy to put out. If you determine with your body, you will tend to be a bully. If you catalyze with the body (center) you will die. This person goes from one disease to another, or one crisis to another.

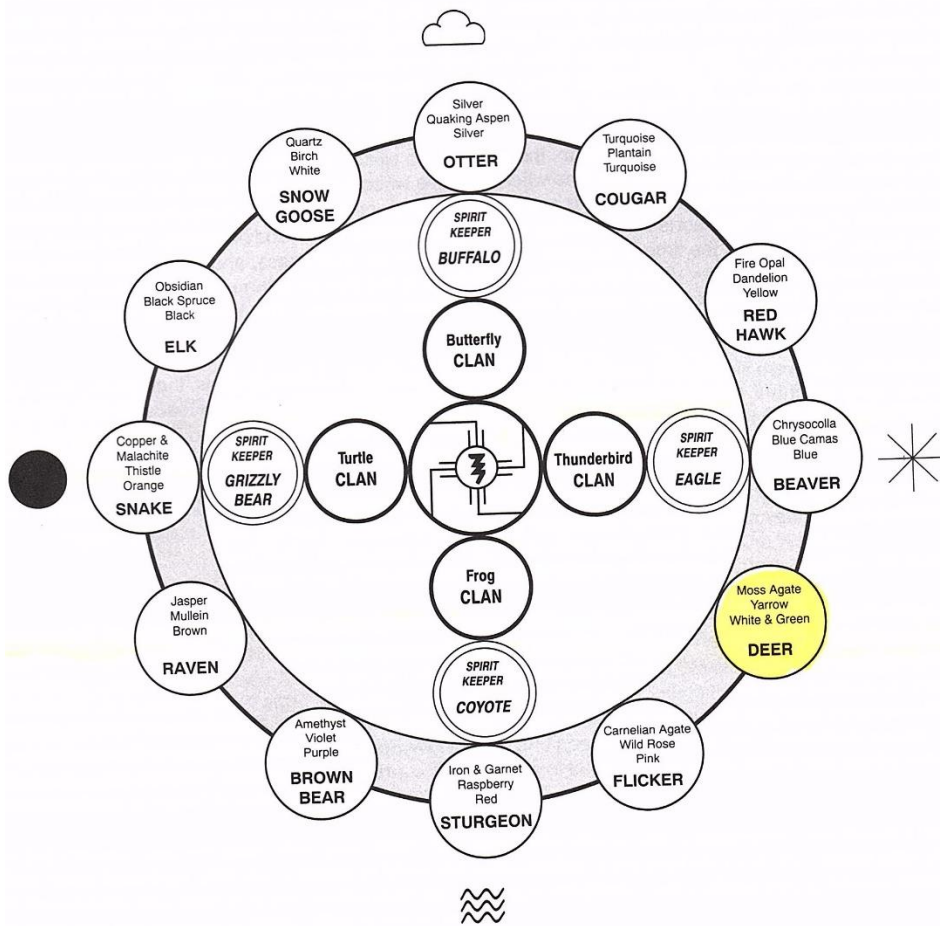
### **The Body**

The body is obviously what keeps us in existence here and it is important that we treat it well for obvious reasons. So this weekend, we will be introducing a few eating plans for keeping the body responding to you in a powerful way. One of those is found in the books One Spirit Medicine and Power Up your Brain, both by Alberto Villoldo. Both are here and available for you to look through.

### **Earth Astrology**

Next we come to another layer of information that is contained in the wheel. Your astrological information for this lifetime, along with animal helpers to assist you in each of the 8 directions are embedded within the wheel in a nice neat little package. These animal totems are specifically for you according to the time you were born. The first wheel, the Wheel of Allies, is the circle that contains all the Allies, Clan Leaders, and Spirit Keepers. It also contains the main birth totems along with a plant totem, a mineral totem, and a Spirit Color that correspond with your birth Totem.

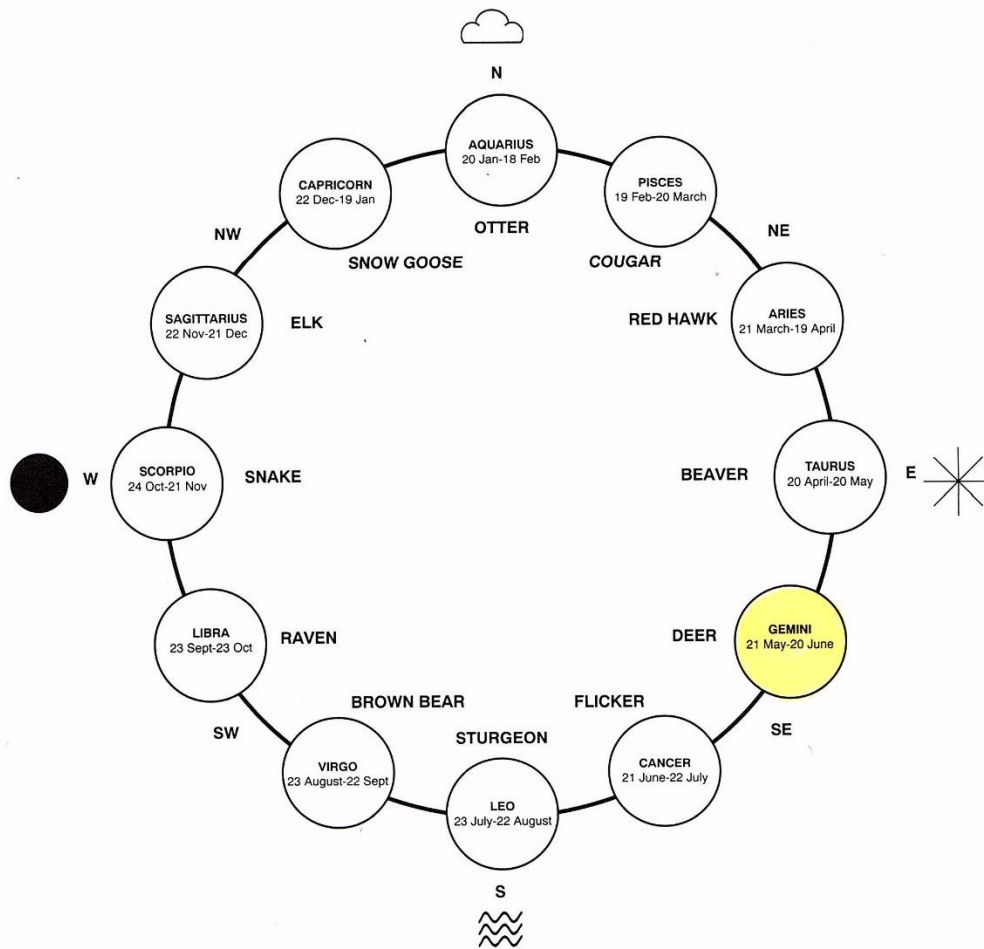
## **Wheel of Allies**



The next wheel will help you determine your sitting place and your birth totem. It is indicated by the month you were born. This is most readily indicated by your “Sun Sign” in western astrology. Notice that there are twelve Sitting Places, each identified by an animal totem. Each animal is a master of the power of that direction. The Spirit of the Animals is our communicator with our higher self. Getting to know and calling on your animal totem will help you reach for your potential and assist you in actualizing what you have come into this body to accomplish.

Please don't be confused by the placement of the Sun Signs. For those of you used to Western Astrology, you may notice that the signs appear to be “a month behind” of what you see on an Astrology Chart. This is because Western Astrology is based on how the planets relate to us with regard to their position to the Sun. In other words, they follow a Sun Calendar. The Earth's energy aligns more the Moon (or really, the Moon reflects her), so she would follow a Moon Calendar.

## Find Your Sitting Place



You can find the energies of your Animal Totems through the books provided: [The Medicine Wheel: Earth Astrology](#) by Sun Bear. You can also Google Animal Totems to find out more.

It will be very important for you to begin to build a relationship with your animal totem and begin to utilize their energy as you begin to use the teachings of the wheel.

The next wheel shows you your **Wheel of Allies (expanded)**.

Each Sitting Place has a wheel of 8 animal allies. In each direction is seated a Sweet Medicine totem guide who is a master of that particular energy for you. This ally or spirit guide is “on call” for you, ready to assist you in gaining mastery and balance.

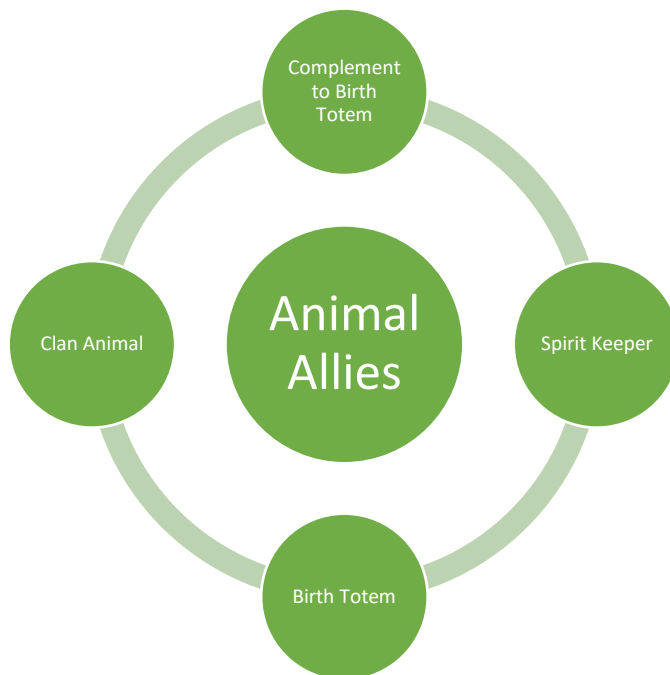
Your BIRTH TOTEM sits in the South of your Wheel of Allies.

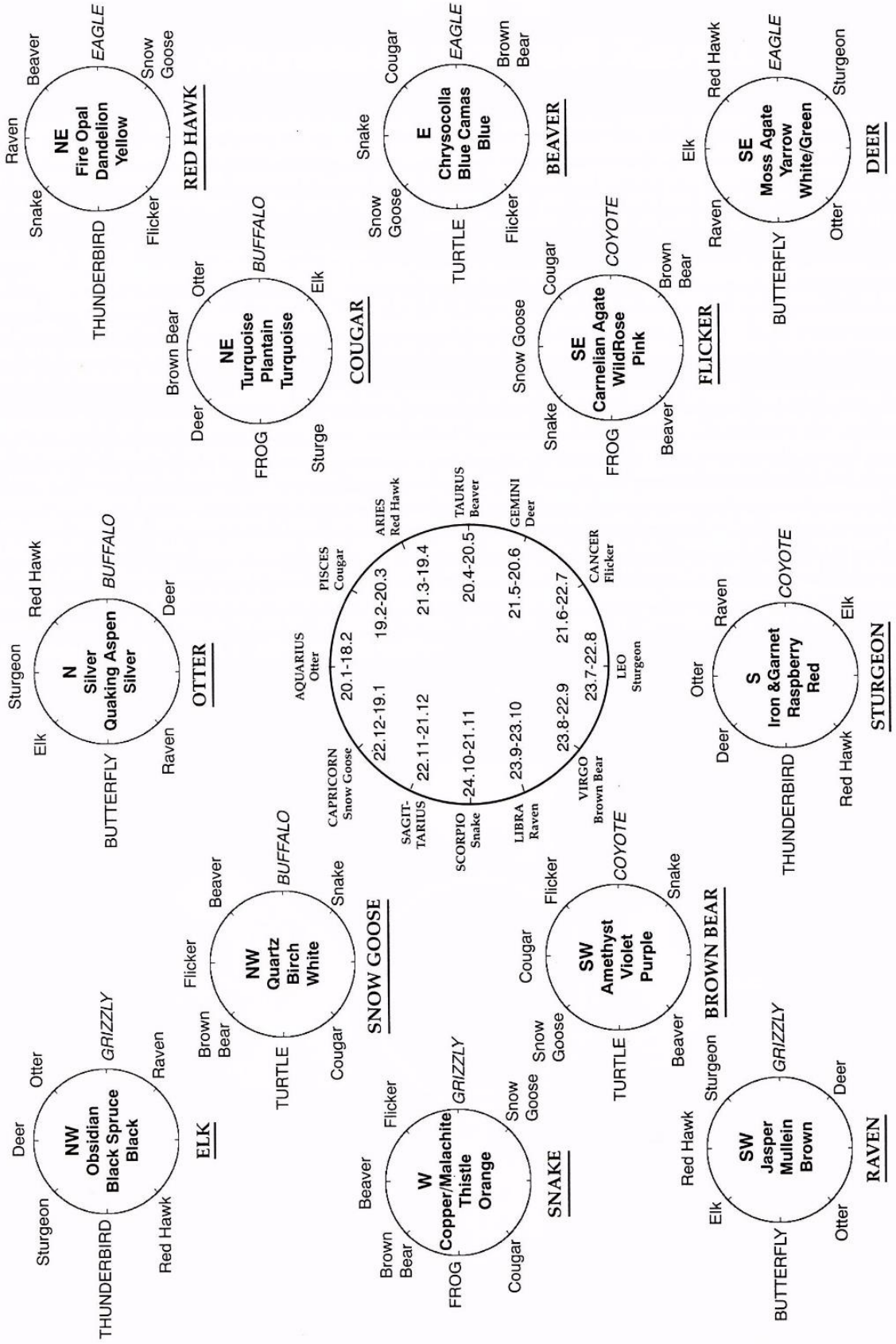
The North animal on your Sitting Place Wheel of allies is the COMPLEMENT TO YOUR BIRTH TOTEM. It lives in your WORKING PLACE.

The East animal on your Sitting Place Wheel of allies is called your SPIRIT KEEPER. It guides your spiritual self-growth and development.

The West animal on your Sitting Place Wheel of allies is called your CLAN ANIMAL. It identifies which animal clan you belong to and guides you to see your greatest weakness as a strength and your greatest strength as a weakness. Its focus is your physical mastery.

The allies seated in the noncardinal directions deal specifically with the way you run your patterns on the wheel of Life. Since the non-cardinals of any wheel keep energy moving, these allies carry the medicine in those directions which will keep you out of pattern, out of the dark side favored by the “one who will not see.”





NOTE: Center Wheel 23.7-22.8=23rd July-22nd August

## **MEDICINE OF THE SPIRIT KEEPERS**

### **SOUTH - COYOTE**

A gentle trickster who teaches you about illusion and tricks people into the light by showing them their dark side with humor. Teacher of trust, innocence, humor and love. Teacher and protector of children. Master of disguise, camouflage and imagination. When you put on a coyote robe you can “see the world with a different eye.”

### **WEST – GRIZZLY BEAR**

The Keeper and Teacher of the Sacred Dream, called the “sleeper-dreamer,” teaches us to know ourselves through introspection of the dream and teaches us to sleep dream and actualize our reality. A great dream interpreter, the grizzly bear teaches us how to survive turmoil and trauma. It teaches protection of home, loved ones and possessions. It teaches us to stand and walk tall: how not to give power away to tyrants and how to pace our physical body.

### **NORTH – BUFFALO**

The Keeper of wisdom and logic teaches pure science and natural law. It is the great provider, the give-away to the people. It teaches survival, alignment, harmonic resonance, wisdom, balance. It is the protector of Earth, the spiritual energy of the plant world (i.e. water, earth, and plants). It is the carrier of the sacred Medicine Pipe.

### **EAST – EAGLE**

The Teacher of individual autonomy, free will and freedom. It carries the messages of the heart of the Medicine Pipe. It is the carrier of enlightenment, motivation and illumination. The highest flyer, it sees farthest of all the winged ones. It is the communicator of the Great Spirit to us and is called the Holy Spirit by Christians. (The condor is called the peace eagle; wild turkeys are called ground eagles.

## **MEDICINE OF THE CLAN ANIMALS**

### **WATER CLAN – FROG**

A cross-cultural symbol as a totem for the shaman, this ‘shield-jumper’ helps us to integrate all the teachings of the different powers into our own system of knowledge. (A shield is a body of knowledge.) The frog is keeper of the great memory clans, secret societies and magickal lodges.

### **EARTH CLAN – TURTLE**

Sigil of Grandmother Earth, the turtle is the keeper of the teachings of shields and carrier of teachings of humanity. The turtle teaches the sacredness of the Earth Lodge (including our bodies) and is the protector of the lodges of women, keeping both our home and womb sacred. The turtle also brings alignment with the mineral world, especially that of the crystals.

### **WIND CLAN – BUTTERFLY**

The keeper and protector or beautifier of all power spots, the butterfly holds the secret to metamorphosis, shapeshifting and all change. The butterfly does not come near negative energy and in this way reveals evil.

It teaches us how to live life with intensity. Keeper of the dream of Beauty, it teaches the secrets of woman's beauty and mystery.

### **FIRE CLAN – THUNDERBIRD**

The bringer of thunder, lightning and rain; awakener of the voice of our Hokkshideh; keeper of memory. The thunderbird is the over-soul of all winged ones and thus is able to communicate with all winged ones. It teaches mastery of elemental alchemy. The thunderbird is the mythological equivalent to the phoenix, the dragon, the peyote water-bird and is cousin to the road runner.

## **EXERCISE**

We will be making a shield with all our animal totems. Please feel free to be as creative or simple as you like. Once our wheel is created, I will bless them with a sacred pipe ceremony.



# Extraordinary Soul Mystery School

## Module 11

### The Earth Door: Deepening Your Relationship with Your Etheric Allies~Your Animal Totems

#### **GUIDED MEDITATION**

#### **AN EXERCISE**

1. Place your shield out in front of you and connect to your totems. It will be helpful to have the handout with the energies and lessons of the directions nearby to refer to.
2. Refer to the Energies of the Directions handout and read the energy of the South. This is where you began.
3. Then connect with your Birth Totem, the one that lives in the south. Ask it for any messages it has for you about what you came into this body to accomplish. Ask it for any advice it can give you. Journal with this information.
4. Refer to the Energies of the Directions handout and read the energy of the North. This is where you are going.
5. Connect with your totem in this doorway. Ask it for any messages it has for you about how you can “grow up” into it’s energy. Ask it for any advice it can give you. Journal with this information.
6. Refer to the energies of the Directions handout and read the energy of the East. This is your Spirit Keeper. Ask it how it can help guide your spiritual self-growth and development. Journal with this information along with any other guidance.
7. Refer to the Energies of the Directions handout and read the energy of the West. This is your Clan Animal. Ask it to guide you to see your greatest weakness as a strength and your greatest strength as a weakness. How can it help you achieve physical mastery? Journal with this information along with any other guidance it has for you.

## **HOMEWORK:**

Connect with the non-cardinal totems to see how they can help you run patterns in your life. Find the totems that are specifically working with you where you are on the wheel right now (all three levels).

Begin gathering the following items for Module 12: a tiny representation of your mineral totem, plant totem, and birth totem

A small bit of soil from the place of your birth or a place that holds power, magic or happiness for you.

I will be providing you with pieces of cloth, leather and other tools and we will be making a power bundle for you at our next in person class and when we do Module 12 online.