

*Welcome to the
Extraordinary
Soul
Mystery
School*



Module 11



Module 11

WEST – THE EARTH DOOR

Anchoring your Personal Medicine to the Planet

Items needed for this module:

- 5 stones laid out in a wheel
- Module 12 Handout
- Your Shield
- Supplies for your bundle: Swatches of cloth (red, black, white, & your power color)
- Representations of the 4 worlds



Lay out rocks
Connect, Call in Sacred Space



**Open to
Receive**



As we have said in every Module:
“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.” -Sacred Plant Medicine by Stephen Buhner



Going Deeper

We have been working in this wheel for several months. Hopefully by this time, it is starting to feel good to you and you have found your rhythms with its teachings. Remember, the more you spend time in it, the more it attunes you. You have also been introduced to your animal totems and several of you have mentioned that they are showing themselves to you in a myriad of ways.

In today's module we will begin the process of creating a bundle that represents your energy. When we finish it, you will do an exercise that forms a bond between you and the planet and takes your connection to Her even deeper. It will also give you a tangible object to connect to this energy with, in the physical realm.



Supplies:

3" X 3" pieces of natural cloth in each of the following colors: black, white and red.

4" X 4" piece of natural cloth in your color totem and a similar size piece of leather

Thread or waxed string for tying

Scissors

Representatives of each of your wheel of animals, plant and mineral totems

Pieces of the Four Worlds (Mineral, Plant, Animal, Human) that hold your connection to them
(The Mineral, Plant, and Animal will be the ones that are your totems. The human can be something from your own body, like your fingernail clippings or a swatch of hair)

Tobacco or Cornmeal



In creating this Medicine Alignment bundle, you are establishing an alignment, an empathic and sympathetic resonance with the Worlds of GrandMother Earth. The piece of the Mineral, Plant and Animal Worlds which you will place in this bundle, carry the essence, the power or energy of these Worlds. It is this energy that will awaken within you the song that they sing. They will then be able to help you bring your own five aspects (emotional, mental, physical, spiritual, and sexual) into balance.

Once you have gathered the items together, take a moment to connect your energy with each of the representatives of the Worlds. This is done most simply by holding each item in your left hand and placing it over your navel. Close your eyes, take a deep breath and as you hold the inhale, push out your navel. This sends your energy into the object and you “connect”. Make sure that all of your senses are awake and use them also to deepen your connection with each item.



Lay the different cloth swatches out in front of you. Place the Mineral World on the black cloth, the Plant World on the red cloth, the animal World on the white. To the Mineral World you may wish to add a small bit of soil from your birthplace or from a place that holds power, magic or happiness for you.

To the Plant World you might add a plant that you love in a particular way, a plant that healed you, or a plant that holds special memories like, for example, the tree that heled your childhood treehouse. Remember these don't have to be very big. Just a tiny piece holds the essence. Also make sure you have some representation of your Plant totem.



For the Animal world, do your best to find a representation of something that is one of your totems, preferably one that really sings to you.

In the cloth that is your color totem, place the items from your body (nail clippings, hair, etc.) You will also want to place some tobacco, corn meal or even some tiny crystals in your pouch for offerings when you do ceremony. If you like or you can just place a tiny bit in your bundle to give it power and keep your offerings in a separate bundle.





Wrap these four bundles and tie them. Then place them on the leather and wrap it again to create a little pouch. We will bless them with the pipe together in class. This is what we call your: Medicine Alignment Bundle. Keep it with you and use it when you want to do ceremony. Store it on your altar when not in use.



HOMEWORK: A PERSONAL CEREMONY

The Intent of this ceremony is to use your Medicine Alignment Bundle to bring healing to your emotions, body, mind, spirit and soul. This is done by sitting at the base of a tree, asking four simple questions and opening up your entire being (back to soul level) for NEW answers.

You will do this ceremony three times. Each time you will take one of the three small bundles out of your Medicine alignment bundle and hold it on your navel when you ask the question. This has a way of short-circuiting your inner dialogue. Remember the color totem bundle holds give-aways for the conclusion of your ceremony.

Find a spot in nature that holds power for you. It must have trees.

Send your energy out until you find a tree that attracts you. Ask the tree if it is willing to allow you to do ceremony with it. (Usually an uplifting feeling in the navel means “yes”.) If the tree says “no,” (experienced by a sinking feeling in the navel), find another tree.

If the tree agrees, walk around it three times clockwise then sit with your back to the tree facing South. Hold one of the bundles inside your Medicine Alignment Bundle. As you sit here, ask yourself this question: “WHO AM I”

At this point, become an empty cup and allow yourself to perceive with all your senses.

Take your time and let the answers come from wherever they will. Don’t judge them or yourself. When the answers come, you can simply listen and receive, or begin to write, censoring nothing.

When South feels complete, move clockwise to the West and ask: "WHERE DID I COME FROM?" Repeat the same process you did in the South.

When you are complete with the West, move clockwise to the North and ask: "WHY AM I HERE?"

When you are complete with the North, move clockwise to the East and ask: "WHERE DO I GO FROM HERE?"

When all directions feel complete, move around the tree clockwise and go back to the direction which held the most power for you; in other words, where you gained the most teachings.



Speak to the tree from your heart.

Hold the Mineral World bundle (black) and let go of any physical distress or pain in your body. Speak with determination: "I give it away now" and you will feel a shift of energy in your being and a deepening of your alignment with the tree.

Hold the Plant World bundle (red) and speak to the tree of your emotional pains and blocks. Again give away what you are ready to let go of. Be specific and speak with integrity.

Hold the Animal World bundle (white) and speak of your belief systems and those opinions which limit your ability to walk in balance.

Hold the Personal bundle (your totem color) and speak of anything else in your present life you are ready to release.

When all giveaways are complete, thank the tree for allowing you to do ceremony there and leave a gift of tobacco or cornmeal. Turn away from the tree and do not look back. It is complete.



Gratitude & Closure Ground

