

Extraordinary Soul Mystery School

Module 7-8

The Water Door: Healing through the Heart

Ancient Technology

As we learned in our last retreat and the previous Modules, “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.”¹

The information about the Medicine Wheel comes predominantly from studies and teachings of indigenous cultures, because these cultures utilized this ancient technology in very profound ways to create dramatic results in their everyday lives. Much of what we will teach may seem to have a Native American flavor to it, and rightfully so, since this area was inhabited by Native American Indians most recently, therefore, this is the predominant information we will have access to. However, it is important to know that “the Medicine Wheel was never an invention of the American Indian mind. It is a universal power source that was entrusted in ancient times to the Red Race for safekeeping until the time arrived in human history when it would be needed to harmonize all esoteric traditions for the benefit of mankind. This truth was hinted at in many American Indian legends.”² Once you begin working with the wheel, you will begin to be reminded of many times throughout history that “adaptations” of the wheel have been used within all spiritual traditions. Even the Christian symbol of the Cross, can become an archetypal symbol that has roots in the Medicine Wheel. So to use this technology can awaken archetypal knowing deep within the psyche. It plugs you into your divine purpose that is embedded in your DNA. It turns the key in the lock that puts you in touch with your own guidance in a profound way. It resets the clock.

The Medicine Wheel also is a diagram of human consciousness. By recreating this image in the physical world (not just our inner world) we amplify the information, clarity, and understanding we receive. Make no mistake, you can gain plenty of clarity and information by simply taking yourself into your inner wheel in meditation. But bringing it through to the physical and actually utilizing it, by even just the exposure of being inside of it in a sacred way, cause

¹Buhner, Stephen. Sacred Plant Medicine, p. 118.

²Meadows, Ken. The Medicine Way.

spontaneous, automatic and autonomic changes to your DNA and your consciousness. In

layman's terms, it works on a sub-conscious level to heal and redirect your life. You get an energetic adjustment to your life usually through inner understanding and inner guidance. It is as if you have this giant receiver to Creator and you can dial up the kind of information and assistance you need or desire, just by sitting in the gateway that corresponds to that particular type of information.

To indigenous people, the word "medicine" means more than just a substance to restore health and vitality to a sick or run-down physical body. "Medicine" means energy or power – a vital energy force that could be drawn upon and directed. It can also mean knowledge and wholeness. The Medicine Wheel might then be defined as "a Circle of Knowledge that restores wholeness and gives power over one's life." The Medicine Wheel was developed and used by some tribes more than others, but to many it was the principal method of explaining life and a means to personal empowerment and life enhancement.

Because the Medicine Wheel does not belong to any particular tradition, there is an inherent lack of dogmatism in its study and use. You do not have to learn a set of beliefs or dogmas before you can progress. Using the wheel is quite simple. With just a few simple instructions you can begin to develop your expertise in its use and it will develop from there. In fact, you are encouraged to find your own perception of truth within a system, which is itself, which is itself, but a map or a framework in which discovery can be made. So by using the wheel, you are not ascribing to follow any other "doctrine" or become a Red Indian "devotee." In fact, the quest for Truth, which is what you are on, is lost immediately when you transfer your power into the hands of another. The study and use of the Medicine Wheel is about finding your own power—YOUR OWN MEDICINE!

According to Ken Meadows, this circle of power served many different purposes and had many different uses. It appears that just about every tribe had a different way to use the wheel that added a new dimension to both the wheel and the life of the user. Its most powerful use was its use as a map of the Mind. It was a chart to lead its user to the discovery of the Inner Self, to the divinity within, and to a knowledge of the true purpose of one's life. It was a working tool with which to fashion one's own self-development. It was a device for tuning into the Earth's psychic energies and to the unseen forces of Nature. It was a working laboratory in which metaphysical tasks could be safely carried out. It was both a teaching aid and a learning package that uncovered the meaning behind some of the deepest mysteries of life.

Traditional Symbolism of the Directions

In traditional wheels, each direction represents a fundamental part of creation. Since most wheels in this area have the Earth Mother as their base, they predominantly use the elements as a beginning point: earth, water, air, fire, and ether. From the elements stem all other energies that are held in any given door or gateway. I like to think of the wheel, itself as the hard-drive of a computer, and the elemental energies as the software. Each of the elements are put in a particular place for a specific reason. We learned in both the retreat and the coaching call that where you place them matters to the outcome you are working for.

In our last retreat we learned a basic fundamental understanding of how the wheel works. We also did exercises to anchor and awaken a basic understanding of each of the elemental aspects of the wheel within you, so that you can begin to access guidance in a deeper and bigger way on your own. We learned the layout of the Divine Human, and how important it is to have this basic wheel established, before we move on and try to create anything using any other configuration. There is an online version of this class for anyone that missed these teachings and wants to catch up. I highly recommend do it before you proceed with this one if

you haven't already. Those of you that did the retreat will have access to this class for FREE and will be able to join us live or do the recording as you wish, to keep yourself in the vibration of the Divine Human.

We also introduced the exercises of the Apache Scout that you can incorporate into your daily practice or do as often as you like to keep these wisdom pathways open. I have included them here for those of you that missed the first retreat, since we will be doing them in all of the retreats in some form. These exercises are based on the teachings of Grandfather Stalking Wolf, an Apache Elder. They are exercises of the Apache Scout designed to create "Spiritual Fusion," a synthesis of all the realms we live within, rather than just the physical. They are very simple, yet very profound. They work to train the reptilian part of our brain. This part of our brain is the vast amount (80-90%) that we don't use anymore, our survival instinct. It is a very active part of the brain, and can be trusted but must be trained. Those connected to the Earth have these pathways "switched on", and can act with instinctive awareness that everything around them is alive. With this awareness, communication with all of these areas is possible. Once trained, we will be able to build a stockpile of energetic doorways to access big power for healing when necessary. Through continued use of these simple yet powerful tools, we will begin to build pathways of consciousness in our subconscious mind. I have associated each of these exercises with a gateway of the wheel. They are as follows:

South – Water – Sit-Spot Meditation, morning and evening

West – Earth – Long Form Meditation

North – Air – Fox-Walking

East – Fire – Wide Angle Vision

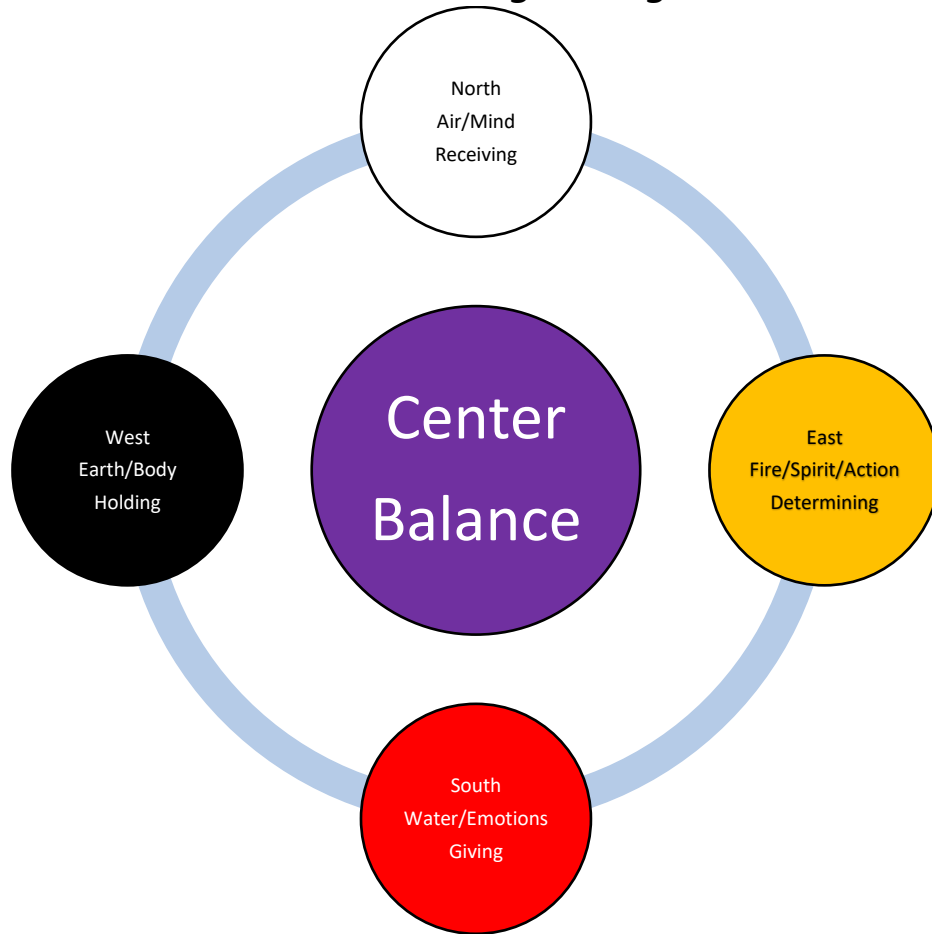
Sit Spot – This is a simple practice of doing your morning and evening prayers outdoors and connecting with Mother Earth and Father Sky, even if it is only for 5 minutes in the morning and evening. Make it a point to do it about the same time and in the same spot every day for at least three months.

Long Form Meditation – This meditation is designed to help you access your "inner vision." By practicing this meditation often, you will become quite familiar with the terrain of your inner world. I will be leading this meditation several times throughout the weekend. I will also post a recording of it on the Facebook page so you can listen anytime you choose. Eventually, you will be able to do it on your own without any prompting.

Fox-Walking – This is a walking meditation. When done slow enough, the scouts could actually "disappear" as they began to move at the same pace as the Earth (1 step every 80 seconds). This practice of a fox stalking walk, using the ball-toe-heel pattern, is another way of accessing and training the reptilian brain.

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. 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 Water Door: Healing Through the Heart



In our first retreat we anchored this template in your psyche through ceremony in each doorway. In our subsequent retreats we are going to be introducing StarMaiden Practices that align with each gateway. We will be diving in deeply to each gateway and giving it an opportunity to work its magic with us. We are beginning in the South with Water and our emotions. ***This choice is strategic!***

First, as many of you noted on the coaching call and in other classes, the work we did during our time together was DEEEEEEP! It stirred up a lot! We want to take the time we need to clear any obstacles that may be in our way as we move forward.

Second, ***THE WORK OF THE WATER DOOR IS TO MAKE SURE OUR EMOTIONS ARE CLEAR, CLEAN, AND CURRENT.*** Our emotion is the power that drives our creations. We need all of that power in present time. We don't want any old "trauma-drama" lingering in our world or our thoughts as we move forward. So we begin here, just like we do in life. We begin as children and we grow into our new selves.

This weekend and in Modules 7-8, the StarMaiden tool you will be receiving is: The Big Moon Map. I will also be giving you some template overlays in Module 7 so you can see exactly what the energies of each position hold and what the wheel does in each position. Remember, all of this information is happening all the time

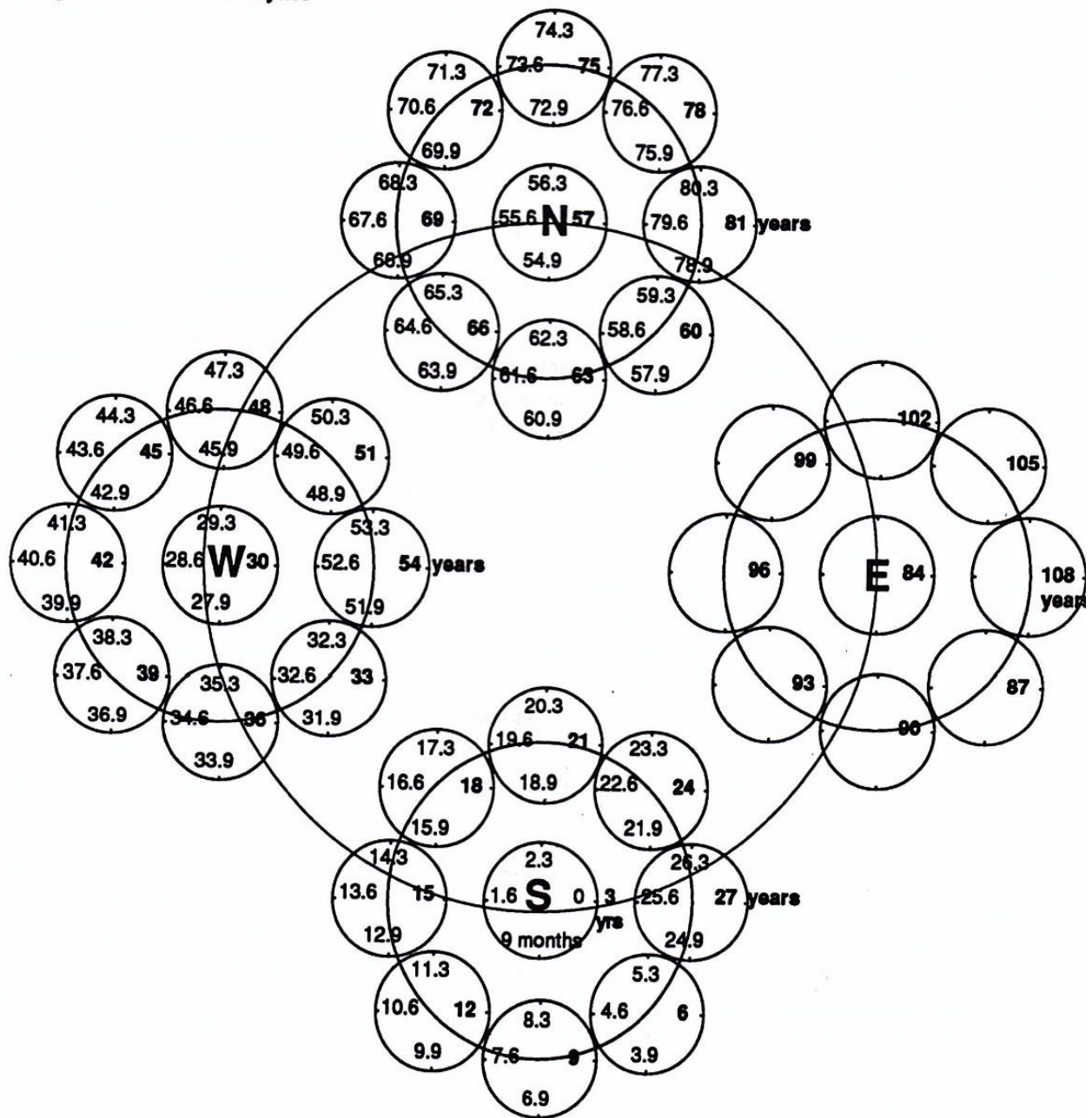
under our awareness. Making ourselves aware means we can learn to dance our Wheel deliberately instead of our Wheel dancing us!

We will be doing a few exercises to begin to stimulate any old undercurrents of emotion that need to be released. We will open circle and allow you to set intentions for things you may already know of that need to be released. Then we are doing something very un-conventional! Instead of making you dive into all that gunk and process it the old-fashioned way, through the mind, we are going to simply raise your vibration through different forms of ceremony and allow your energy field to clear it spontaneously! What a deal!

The handouts are on the subsequent pages. We will explain them now. Then you can use them to do the following exercise.

Big Moon Map Beginning Exercise

1. Locate your current age on the map. Remember the first number is the year, the number after the dot is the number of months not a percentage.
2. Look at where it is located on the energetic element document. Be sure to look at both the Wheel placement (Most of you will be in the West.), and the smaller wheel placement. Can you see any issues that might be presenting themselves right now? Take some time to journal with them or at least jot them down.
3. Now look at that same position in the South Wheel. What age were you then? What issues were you dealing with? Do you think you resolved them or do you still find remnants of them hanging around in your current life right now? Journal or at least jot them down.
4. Set intentions to move through these issues this weekend using the techniques we present.

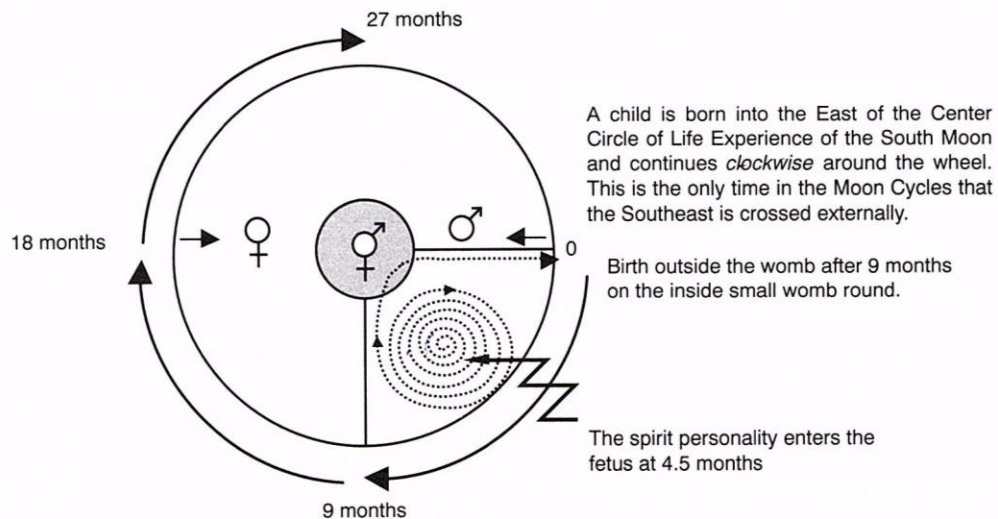


THE FOUR MOON CYCLES

We have spoken about walking around the Wheel of Life. The Moon Cycle teachings explain how we do this throughout our development from infancy to childhood to adolescence to adulthood to becoming an elder and, finally, to being one of the wise ones. Every three years we complete one walk around the Wheel, called a Circle of Life Experience. Every four and a half months we shift the direction of our frame of reference on that Wheel of Life.

Each Circle of Life Experience is entered through the South and (three years later) exited through the East. The Southeast (place of our true nature spirituality) is by-passed. As mentioned on page 63, the Southeast is our internal and subjective experience (our attitude and approach) that we carry with us all around the Circle.

The only exception is our very first Circle.



We are born out of the East and travel clockwise around the first Circle of Life Experience. From then on, our travels around the Circles create a spiral of evolution. As we leave one Circle (East) and prior to entering the next Circle (in the South), we experience nine months of what is called a “Chaotic Journey”. During this time we, as screenplay writers, are reviewing our script. What is it that we have come here to do?

Every CHAOTIC JOURNEY is the internal journey past the Southeast during which time we are working directly with the Northwest. The first twenty-eight days after the birthday that indicates an end to one three-year Circle of Life Experience is a “coasting time”, a time to enjoy that Circle we have just completed. One might say that we spend that first month in the East integrating the validations and illuminations we have received. Then we launch into eight months of travelling time from the East to the South of the next Circle of Life Experience. These eight months provide a prime time to discern our patterns and to design the strategies necessary to embark into the next Circle. This is a time to reconnect our focus of intent with that of the Great Intent.

When we enter the next Circle, we are ready to travel around the wheel to once again rewrite the action. Our cast and crew may change and we have repeating opportunities to choose between Life-Light or Death-Dark as we process life's experience. Each Circle of Life Experience is colored by the nature of its direction on the Star Maidens Circle and indicates the learning experiences which will present themselves most naturally at that time.

Color: white

Element: air

World: animal

Human Aspect: mind - mental aspect

Heavenly Body: Stars

Self Expression: wisdom, logic, alignment,
harmony, balance, meditation, contemplation,
knowledge, harmonic resonance

Manifestation: science and math, philosophy and
religion



N

Color: black

Element: earth

World: mineral

Human Aspect:

body - physical aspect

Heavenly Body: Earth

Self Expression:
introspection, change, death,
intuition

Manifestation: magick



W

Color: purple/amethyst

Element: the void

World: spirit

Human Aspect: soul-sexual



Heavenly Body: Black Hole

Self Expression: breath, chi/ki

Manifestation: womb, the egg
& seed of all creation

E



Color: gold, yellow

Element: fire

World: human

Human Aspect:

spirit - spiritual aspect

Heavenly Body: Sun

Self Expression: illumination,
enlightenment, pleasure,
beauty, medicine

Manifestation: art/writing

S



Color: red

Element: water

World: plant

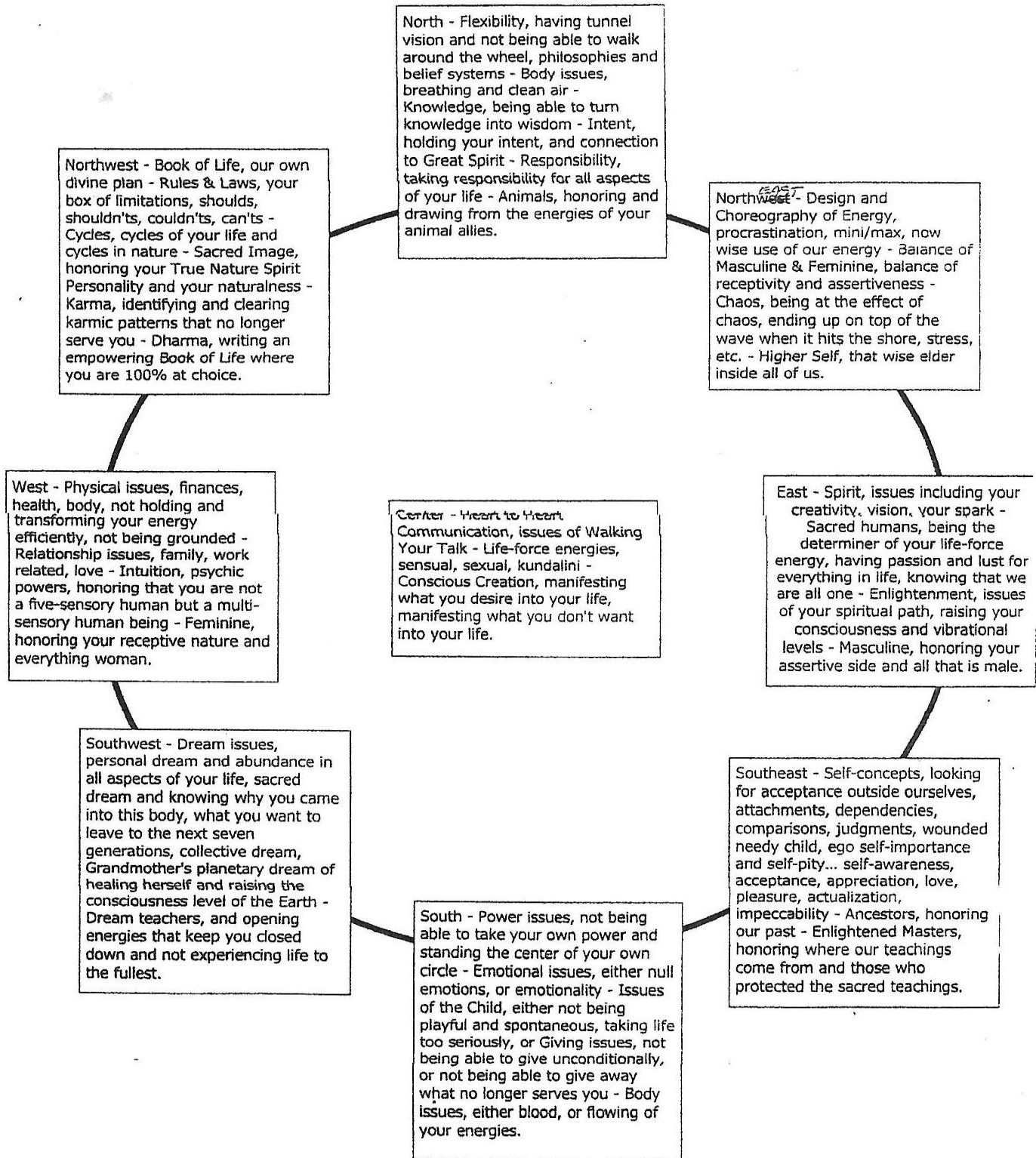
Human Aspect: heart - emotional aspect

Heavenly Body: Moon

Self Expression: trust and innocence

Manifestation: music

Energies of the Directions



Directional Energetics/Elements/Colors

