

Welcome to the
Extraordinary
Soul
Mystery
School



Module 7



Module 7

The Water Door: Healing Through the Heart

Items needed for this module:

- 5 stones laid out in a wheel
- Handouts



Lay out rocks
Connect, Call in Sacred Space



Open to
Receive



Healing Through the Heart:
The Water Door

In our first retreat and the previous modules, we anchored this template in your psyche through ceremony in each doorway. In our subsequent retreats and modules 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 have noticed, 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.



In Module 8, the StarMaiden tool you will be receiving is the one that we introduced in the coaching call: **The Big Moon Map.** Before we do that though, I will be giving you some template overlays in this Module 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. 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 sound therapy and ceremony and allow your energy field to clear it spontaneously! What a deal!



In our last retreat (and the previous modules) 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.

We are now going to dive into more information about the wheel and other directions that will affect our journey in dramatic ways.

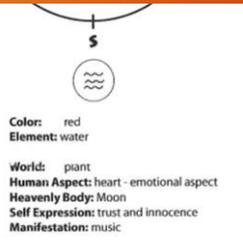
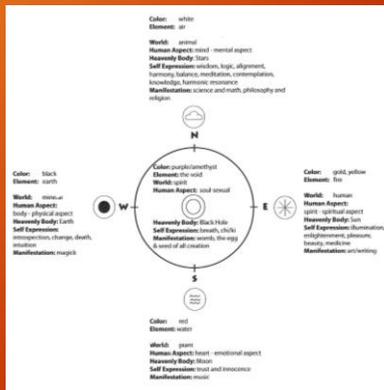


AND NOW....MORE WHEEL INFORMATION AND DIRECTIONS!



Correspondences

As you may know, not only does each element have its own unique attributes, it also has what we call Correspondences, other energies that naturally "hang" with and feel like that element. We will introduce the major ones here. Later we will also add animals and other sentient beings in nature that correspond to each element.



SOUTH - WATER

WEST - EARTH

Color: black
Element: earth

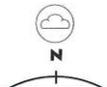
World: mineral
Human Aspect: body - physical aspect
Heavenly Body: Earth
Self Expression: introspection, change, death, intuition
Manifestation: magick



NORTH - AIR

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



EAST-FIRE

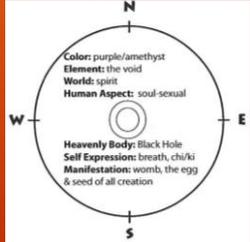
Color: gold, yellow
Element: fire

World: human
Human Aspect: spirit - spiritual aspect
Heavenly Body: Sun
Self Expression: illumination, enlightenment, pleasure, beauty, medicine
Manifestation: art/writing



CENTER-ETHER/VOID

Color: purple/amethyst
Element: the void
Worlds: spirit
Human Aspect: soul-sexual
Heavenly Body: Black Hole
Self Expression: breath, chi/ki
Manifestations: womb, the egg & seed of all creation



As you may have guessed, there are also other directions that influence us in our journey around the wheel.

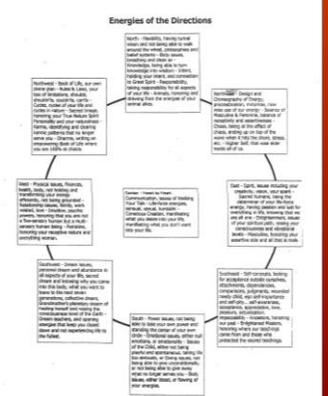
The ones we have learned and are anchored are known as the **CARDINAL DIRECTIONS**.

The ones in between them are known as the **NON-CARDINAL DIRECTIONS** OR THE **QUARTER-CROSS** directions.

Each one of these directions influences our life in different ways. As we move through these directions (which we will learn about in-depth in Module 8) it is helpful to know what we should be focusing our attention on and how that energy will be affecting us.

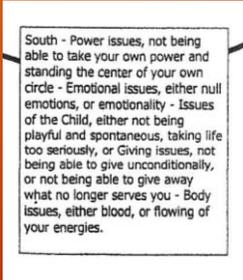
As we learned in Module 7, each direction has lessons to teach us. The quicker we learn them the more graceful our journey can be.

Energies of the Directions



In this tradition, we always begin in the South with Water. It is known as the children's door in that we are all born of Water. This is the first area that needs to be clear as we begin our walk.

South - Power issues, not being able to take your own power and standing the center of your own circle - Emotional issues, either null emotions, or emotionality - Issues of the Child, either not being playful and spontaneous, taking life too seriously, or Giving issues, not being able to give unconditionally, or not being able to give away what no longer serves you - Body issues, either blood, or flowing of your energies.



SOUTHWEST

Southwest - Dream issues, personal dream and abundance in all aspects of your life, sacred dream and knowing why you came into this body, what you want to leave to the next seven generations, collective dream, Grandmother's planetary dream of healing herself and raising the consciousness level of the Earth - Dream teachers, and opening energies that keep you closed down and not experiencing life to the fullest.

WEST

West - Physical issues, finances, health, body, not holding and transforming your energy efficiently, not being grounded - Relationship issues, family, work related, love - Intuition, psychic powers, honoring that you are not a five-sensory human but a multi-sensory human being - Feminine, honoring your receptive nature and everything woman.

NORTHWEST

Northwest - Book of Life, our own divine plan - Rules & Laws, your box of limitations, shoulds, shouldn'ts, couldn'ts, can'ts - Cycles, cycles of your life and cycles in nature - Sacred Image, honoring your True Nature Spirit Personality and your naturalness - Karma, identifying and clearing karmic patterns that no longer serve you - Dharma, writing an empowering Book of Life where you are 100% at choice.

NORTH

North - Flexibility, having tunnel vision and not being able to walk around the wheel, philosophies and belief systems - Body issues, breathing and clean air - Knowledge, being able to turn knowledge into wisdom - Intent, holding your intent, and connection to Great Spirit - Responsibility, taking responsibility for all aspects of your life - Animals, honoring and drawing from the energies of your animal allies.

NORTHEAST

Northwest^{EAST} Design and Choreography of Energy, procrastination, mini/max, now wise use of our energy - Balance of Masculine & Feminine, balance of receptivity and assertiveness - Chaos, being at the effect of chaos, ending up on top of the wave when it hits the shore, stress, etc. - Higher Self, that wise elder inside all of us.

EAST

East - Spirit, issues including your creativity, vision, your spark - Sacred humans, being the determiner of your life-force energy, having passion and lust for everything in life, knowing that we are all one - Enlightenment, issues of your spiritual path, raising your consciousness and vibrational levels - Masculine, honoring your assertive side and all that is male.

SOUTHEAST

Southeast - Self-concepts, looking for acceptance outside ourselves, attachments, dependencies, comparisons, judgments, wounded needy child, ego self-importance and self-pity... self-awareness, acceptance, appreciation, love, pleasure, actualization, impeccability - Ancestors, honoring our past - Enlightened Masters, honoring where our teachings come from and those who protected the sacred teachings.

CENTER

Center - Heart to Heart
Communication, issues of Walking Your Talk - Life-force energies, sensual, sexual, kundalini - Conscious Creation, manifesting what you desire into your life, manifesting what you don't want into your life.

INTEGRATION DANCE



Gratitude & Closure Ground

