



DEVOTED

The Shamanic Path to Your Sacred Work
~ Doing What you Promised the Divine
You Would Do

(A more *SOULFUL* version of Stalking Your Sacred Work)



Class 1

Devoted ~ Part 1

**Using the Wisdom of the Medicine Wheel to
Remember Your Sacred Mission
with Kathy Forest**





**Discovering What You Came Here to Do:
Medicine Wheel Basics
Connecting with Your Soul
Mission Statement and Vision Statement for your Life**



Calling in Sacred Space



Open your
Creation Vessel

To Receive

Introduction

You, Me, Today...

Your life is not an accident. You came here with a plan. You were born with a divine mission... a sacred purpose. And, you know it! This class is going to assist you in remembering that mission and creating a vision that can serve as an anchor and a catalyst to move your life in the direction of that mission. Once we align ourselves with our mission and our vision our lives are synchronistically drawn toward opportunities and life experiences that are full of purpose and meaning for us. Things begin to lighten up. We find our sweet spot and life becomes easier.

This portion of the class is designed to give you a brief overview of the Shamanic tools we will be using to connect with our Soul:

**The Medicine Wheel, and
Aramaic Chanting**



Medicine Wheel Basics ~ A Structure for our Process

Most of us grew up in a linear world. Life is a straight line. For our purposes today, we want to connect the beginning and end of that line and form a circle ***to contain our work.***

Working and thinking in a circle gives our process depth. It allows us to hold things within a safe container. It helps us remember that life is the land of "do-over." And we can always start again. It also reminds us that there is a center point, a still point, in the middle of the circle. ***That spot is the seat of wisdom. It is where we can go to find the answers.*** It is the place we will be visiting today.



Everything you know and understand to be physically real and tangible is formed from the Universal Field of Creation. That sounds like a lofty statement but what it really means is that everything has five basic ingredients: forms of Earth, Water, Air, Fire, and Ether (Spirit/Intent).

These are rock bottom...at the foundational core of everything and every person...every creation. Every single thing you can think of has a specific balance of these basic ingredients that make it what it is. If that balance changes, it changes the object. For instance, there is a certain configuration of these elemental energies that form spinach leaves. Change the balance by plucking those leaves from the ground and putting them in a bowl of boiling water and literally change the physical object into spinach soup – not bright shiny leaves.



*The Elements: Earth, Air, Water, Fire,
and Spirit or Ether are the messengers
from Original Source: SOPHIA!*

*They have a consciousness bigger than
their outward appearance, just like
you!*

They were born billions of years ago out of the primeval life force. They understand creation and destruction. They have had time to learn how to come into alignment with their neighbors and to help their children—the planets—and their great-grandchildren—life-forms upon Planet Earth. They can teach us lessons of right relationship with one another – all sentient beings.

Most modern humans have forgotten our essential connection to nature to our peril. We have grown strong and powerful and are capable of affecting, through our collective actions, the natural balance of our planet. In our arrogance and greed, we have taken our species and many others to the brink of destruction.

This is why it is imperative for us to develop a relationship with our Great Grandparents, the elements. We are the leaders that will lead the human race to begin to take responsibility for our actions.



Everyone uses these elemental forces anytime they create anything whether they are aware of it or not. Knowing how to use them effectively and efficiently can make the difference in how successful your outcomes are and if you are really effective in creating what you truly want. And when you consciously connect with these forces and harness their energy to assist you, your outcomes can greatly improve. Our ancestors knew that there was much wisdom in connecting with the energies that Source our planet. They knew that everything on this planet, including us, is made and resonates with some form of all of these elements. They also knew that, to stay in balance within their physical bodies, as well as keeping balance in the planet, it was and still is important to resonate with and access information from these elemental energies. Because of the cyclical nature of how we experience these energies, it only makes sense that we access their energy in a circle or wheel.

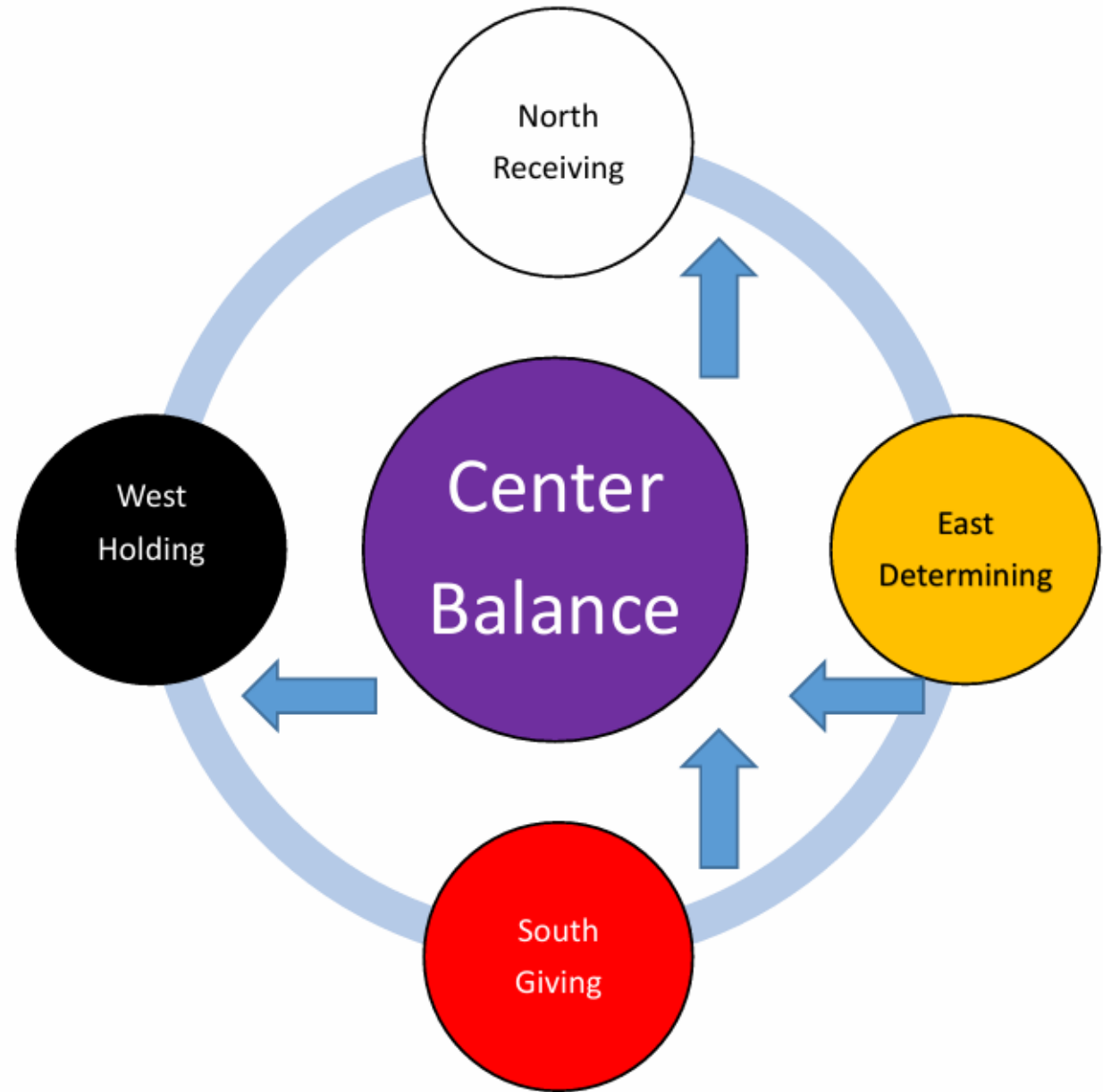


Historically, the energy or basic essence of anything was known as its “medicine.” Hence this configuration is commonly known as a Medicine Wheel. Each of the larger stones represent one of the basic five elements. The smaller ones represent steps on the path to enlightenment by each of the elemental forces. This pattern became a very powerful alchemical tool to harness vibrational information because of the nature of containment within the circle. Thus, this pattern is scene in various configurations throughout most spiritual traditions.



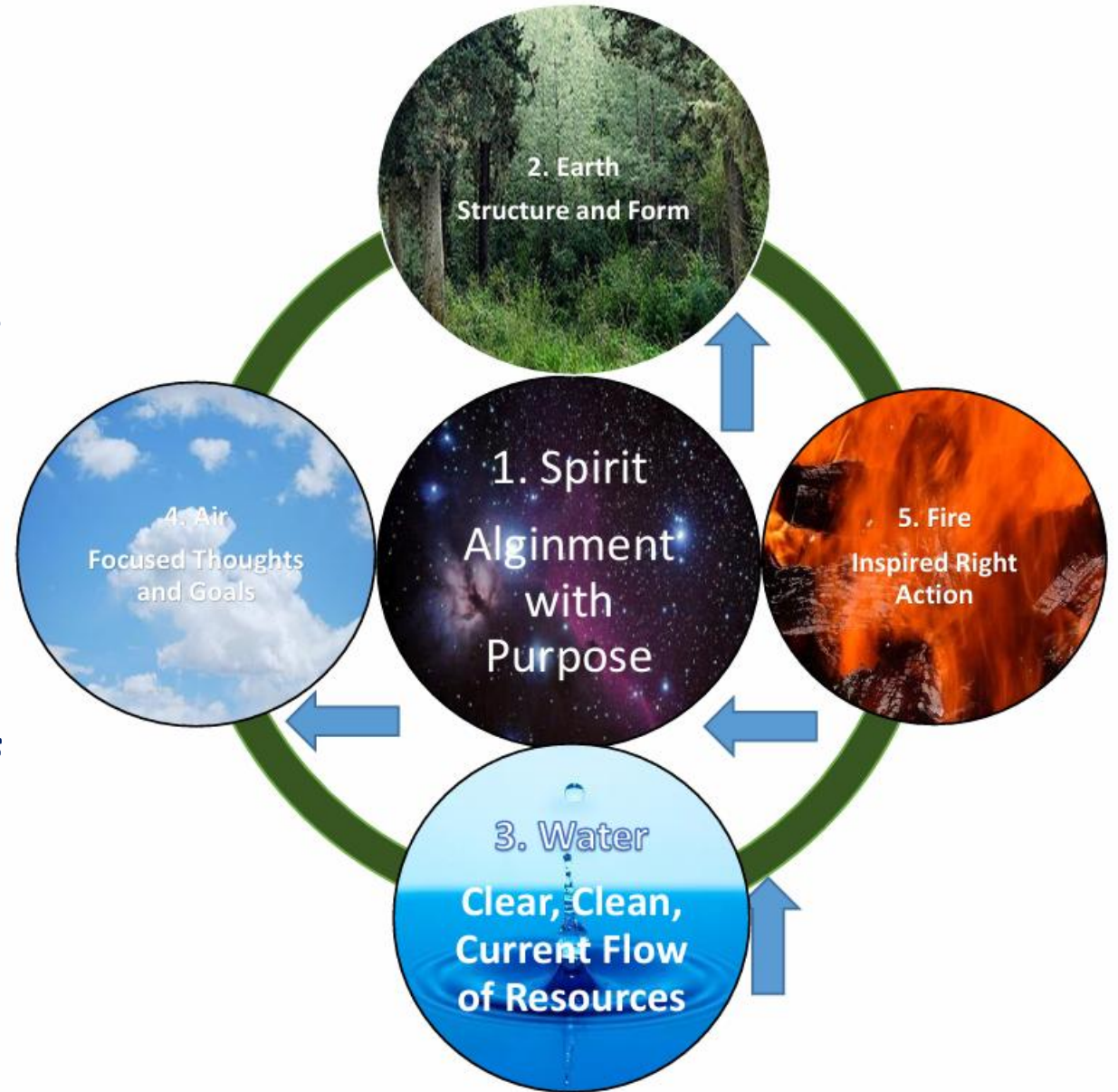
Medicine Wheel Basics

The Medicine Wheel has become many things to many people. One of its powerful uses is that of a receiver or amplifier of spiritual information. Think of it as the “hard drive” in a computer, or the basic structure that the elemental forces flow into. You will notice that on this template, there are five directional positions as well as a description of how energy works or flows in that particular direction. Another way to understand it is that, in a wheel, not only does energy flow around it, in a circle, holding it together, it also flows from the East to the West, just like the Sun appears to move across our sky, and South to North, just as plants grow from the ground up.



Placing the Elemental Forces of Earth, Air, Water, Fire, and Spirit in this basic template is how you determine how they are going to work with each other. If you have studied any Earth Traditions that use the Wheel as a template, you will see every configuration of these energies imaginable. They are all different because they were used for different purposes and to harness different outcomes. Where you place these energies does make a difference if you are working to have a specific outcome. For our purposes of creating on this planet, we are going to use this template. Thus we will be determining with our actions, giving with our emotions, holding with our mind, and receiving with our bodies.

This is the Alchemical Process of Creation.



CHARACTERISTICS OF THE ELEMENTS

SPIRIT - Calling the Sacred into every aspect of your life, relationships, and business.

The Unified Field – Holds all elements

Co-Creation

Connection to Higher Self

Compassion

Creativity and

Sacred Union

Desire

Divine Feminine and Masculine

Grace and Trust

Life Purpose

Personal Divinity

Personal Responsibility

Super power - Power of Choice*



EARTH - Your Connection to the Physical Realm

Honoring Nature and the Earth and holding the physical matter of your life as sacred.

**The Ability to Stand on Your Own
Structure and Form
Beauty and Aesthetics
Body Wisdom
Containment and Wholeness
Foundations
Grounded-ness
Cycles and Timing
Nature Stewardship and Tending
Touch**



WATER -Your Connection to the Emotional
Realm Honoring the sacredness of Water and
your emotions and feelings.

The Ability to Run Clear, Clean and Current
Energy

Abundance and Fertility

Emotional Awareness and Maturity

Ebb and Flow

Nourishment

Holding Space

Floating

Play

Power of Love

Regeneration

Source

Relationship to Others and Self

Surrender



AIR - Your Connection to the Mental Realm
Honoring the element of Air and the sacred
power of intention and vibration.

The Gift of Mental Focus
Breath and Communication
Focus
Freedom and
Peace
Meditation and Prayer
Perspective
Power of Intention
Soaring
Thoughts
Vibration
Vision
Whole Brain Integration



**FIRE - Your Connection to the Action &
Energy Realm Honoring the element of Fire
and the sacred power of energetic
transformation**

Fire – The Power of Action

Dynamic

Energized

Growth

Illumination

Life Force

Passion

Power of Intention

Movement and Action

Radiance

Warmth

Sensuality

Spark of Life

Transformation

Strength of Will



You will notice that I have numbered each of the elements. This is the order that one would follow, if one were going to use the wheel to create a particular outcome.

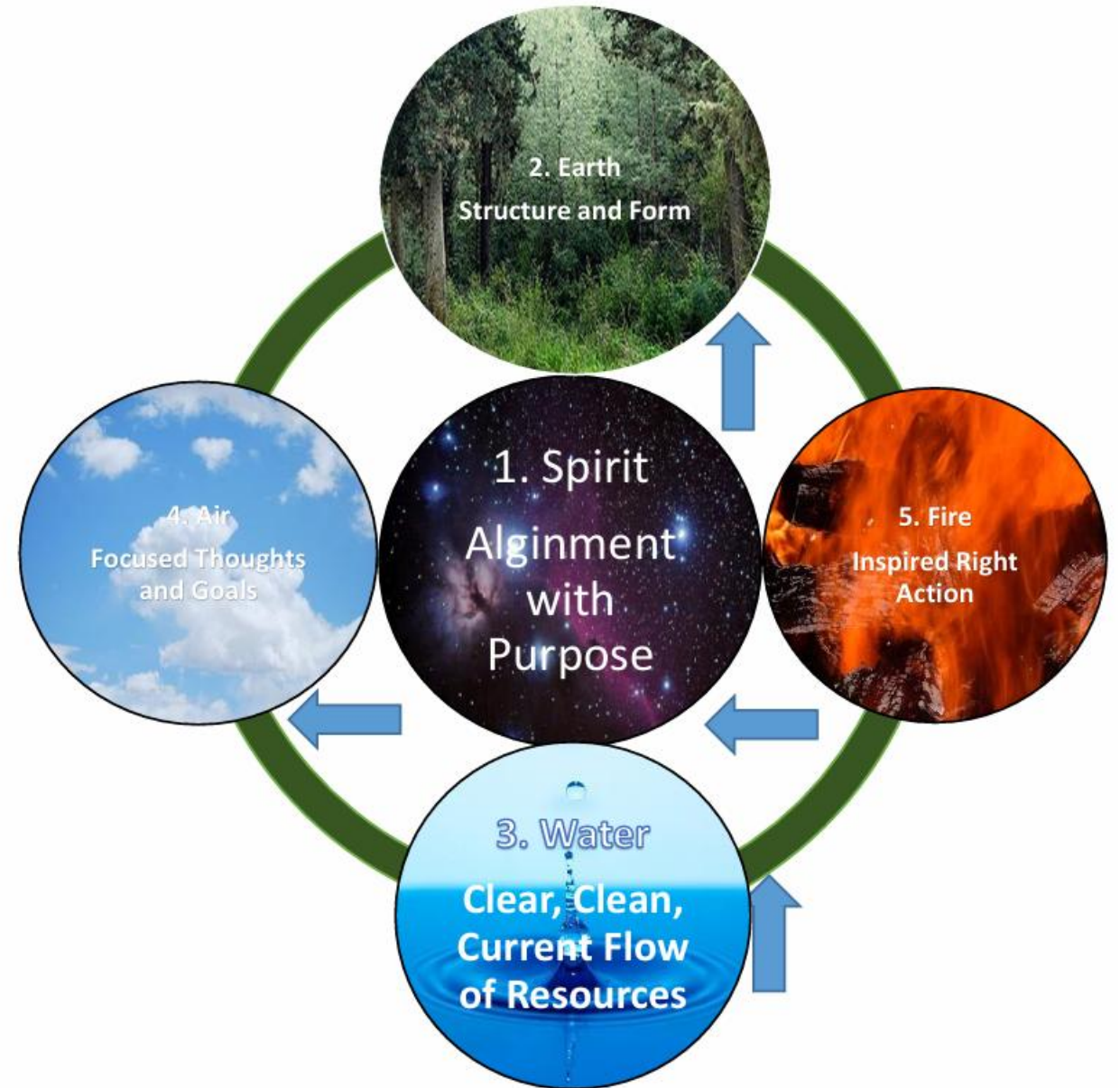
First, you would re-align and remember your purpose.

Second, you would determine and design the structures that are necessary for us to create a flow of energy, resources, clients, etc.

Third, you would determine what kind of energy or flow you want to attract.

Fourth, you would lay out goals and outcomes to focus your mind on and work toward.

Fifth, you would decide on focused action steps that are going to give you the maximum amount of outcome for the least amount of effort. Our class today is focusing on the **Center – your reason for coming to the planet**. We are going to define that in very concrete terms so that anytime we get distracted by the many things we are involved with we can come back and anchor ourselves to that Mission and Vision.



QUESTIONS?



**A Shamanic Practice to Connect Deeply with your
Soul: The SOURCE of your own Holy Wisdom...**

Defining Shamanism...

“A Foot In Both Worlds”

Understanding the
Aramaic Language

Why it is important...

How it Can help us...



A Meditation and Chanting Practice

Guided Meditation

Aramaic Chanting



Connecting More Deeply with
DIVINE SOPHIA ~ HOLY WISDOM ~ SACRED SENSE

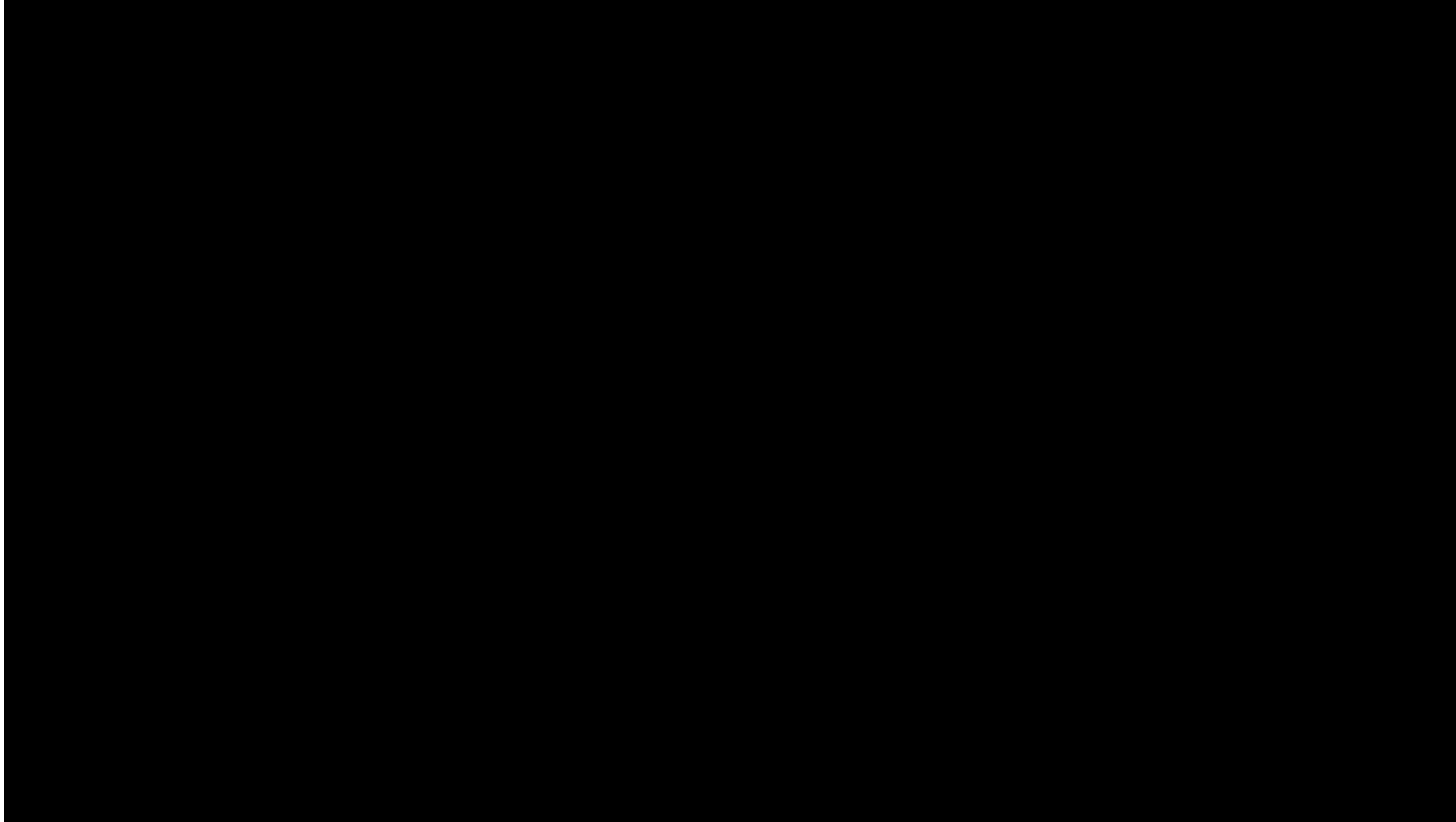
Chant and Seed Words for Meditation

- Shimeny khaotam al-libbekha
- Shimeny khaotam al-zeroekha
- Shimeny khaotam al-libekha
- 4. ki-azah kha-mawet ahaba (x4) (**Set me as a seal upon your heart, upon your arm, for love is as strong as death Song of Songs 8:6**)
- **Ahaba – is a kind of love that develops over time.**

Engrave my essence like a seal on your heart. Let my memory resound through the core of your being. Let me shine and rise through the center of your passion, through the fringes of your action, through every part of you that becomes a traveler and leaves home. Engrave me like a sigil that alerts everyone: “This is the sign of integrity: The strength of the cosmos hides underneath.” For this love that expands us faces boldly death’s contraction. This mysterious self-effacing power—a double-strong, fully physical force— is as audacious and potent as anything with juice and sap, as fierce and violent as the withering, the decay that returns our self to sameness with the universal Self.



A Doorway in...



Neil Douglas-Klotz
Abwoon.org

The background of the image is a close-up, slightly blurred photograph of a fire. Several dark, charred logs are visible, with bright orange and yellow flames rising from them. The overall color palette is dominated by warm, fiery tones of orange, red, and black.

BREAK
