

*Welcome to the  
Extraordinary  
Soul  
Mystery  
School*



Module 12a





# Module 12a

**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





Lay out rocks  
Connect, Call in Sacred Space





**Open to  
Receive**





## Going Deeper

We have been working in this wheel for 3 months. Hopefully by this time, it is starting to feel good to you and you have found your rhythm 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 many of you have already mentioned that they are showing themselves to you in a myriad of ways. In this module we will do an exercise that forms a bond between you and the planet that takes your connection to her even deeper and gives you a tangible object to connect to this energy with, in the physical realm.

For this practice you will need the following items...





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)

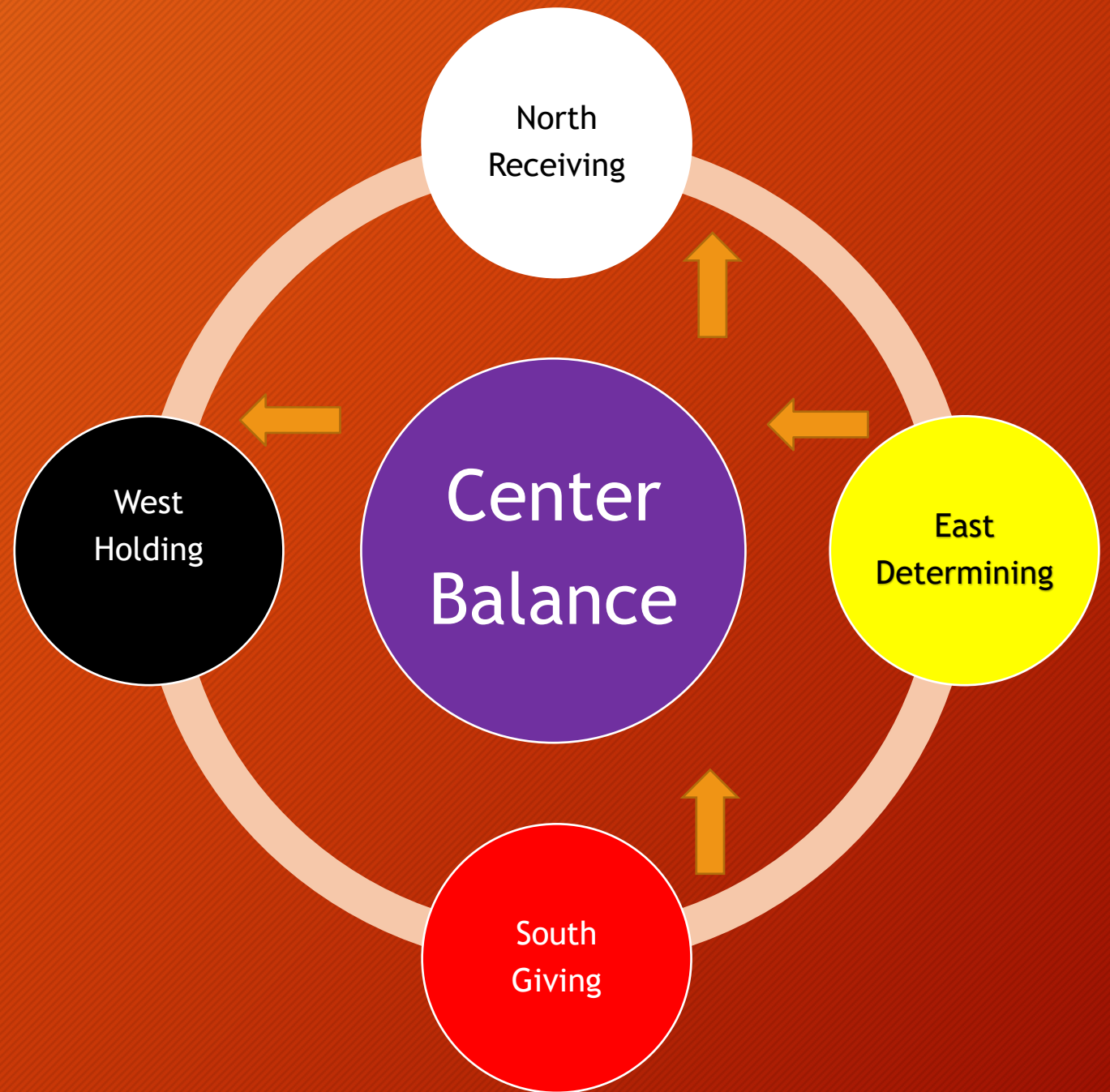
Tobacco or Cornmeal





# Earth Spirituality: Animal Allies

As I have shared, the Earth Provides us with everything we need. If someone gives you a gift, you don't cast it aside. You open it, look at it, get to know it. In this, and our next module, we will be "getting to know" our Spirit Animal Allies in a deeper way. Our Soul needs to be FULLY aligned with this help. These gifts are specific to us and to what we will need as we move through our live experience in this specific incarnation. We can't NOT look here! Their essence and teachings need to be incorporated into our essence. The wheel can do that!





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.







Assemble the Medicine Bag in the package you received with your shield. Wrap these four bundles and tie them. Then place them in your Medicine Pouch. We will bless them with the pipe together in class next week. 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.



# Integrate, Gratitude & Closure Ground

