

The Extraordinary Soul Mystery School

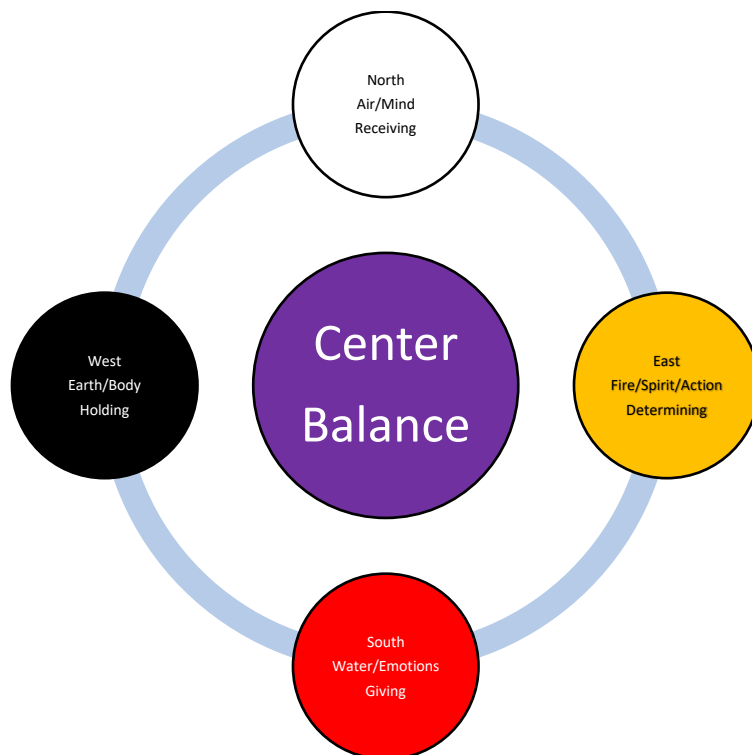
Module 9

How We Study Wheels

“Ask the Ancestors, from all across the planet, for their blessing. Call upon the mana, which is the living life force of Gaia, to flood your entire being. Be still and know you are eternal.”

~Kryon

If you leave here, with nothing else this weekend, I want you to know that Gaia is your Mother and she loves you. She has a personality, a “face,” and a Spirit that is guided by a Heart filled with more love than you can imagine. She has provided us with everything we need to live, grow, learn and become on this planet and be fully Higher Self/Spirit directed or self-directed as we choose. As we are coming to know, the Medicine Wheel is where all this information is housed. As we have stated 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.”



Earth Spirituality

As I have shared, it is helpful to have a cosmology that allows these teachings into your world so they make sense. I like to think that all of us looked down at this planet and saw she needed our help. We knew we had something to offer and chose to come and offer our gifts. The teachings in this body of work, serve as an Earth Survival and Resource Guide...you know the one you have been looking for all your life...the instruction manual for how to live your life and how best to offer your gifts to a world of humanity that at times appears totally unconscious.

As it turns out, the cosmology and the history of these teachings is very similar. I offer it here:
(Attachments: **Introduction 8 Great Powers, 12 Magical Worlds,**)

INTRODUCTION

The teachings within this Course of Study are part of the Sweet Medicine SunDance Way as presented by the Deer Tribe Metis Medicine Society. Within our structure is a ring of power known as the 18th Feathered Winged Serpent Wheel, whose function is to carry these teachings and make them available to the public. We also have a family known as the Deer Tribe. The knowledge presented here is a chosen set of sacred wheel teachings to bring about and promote personal self-growth and development.

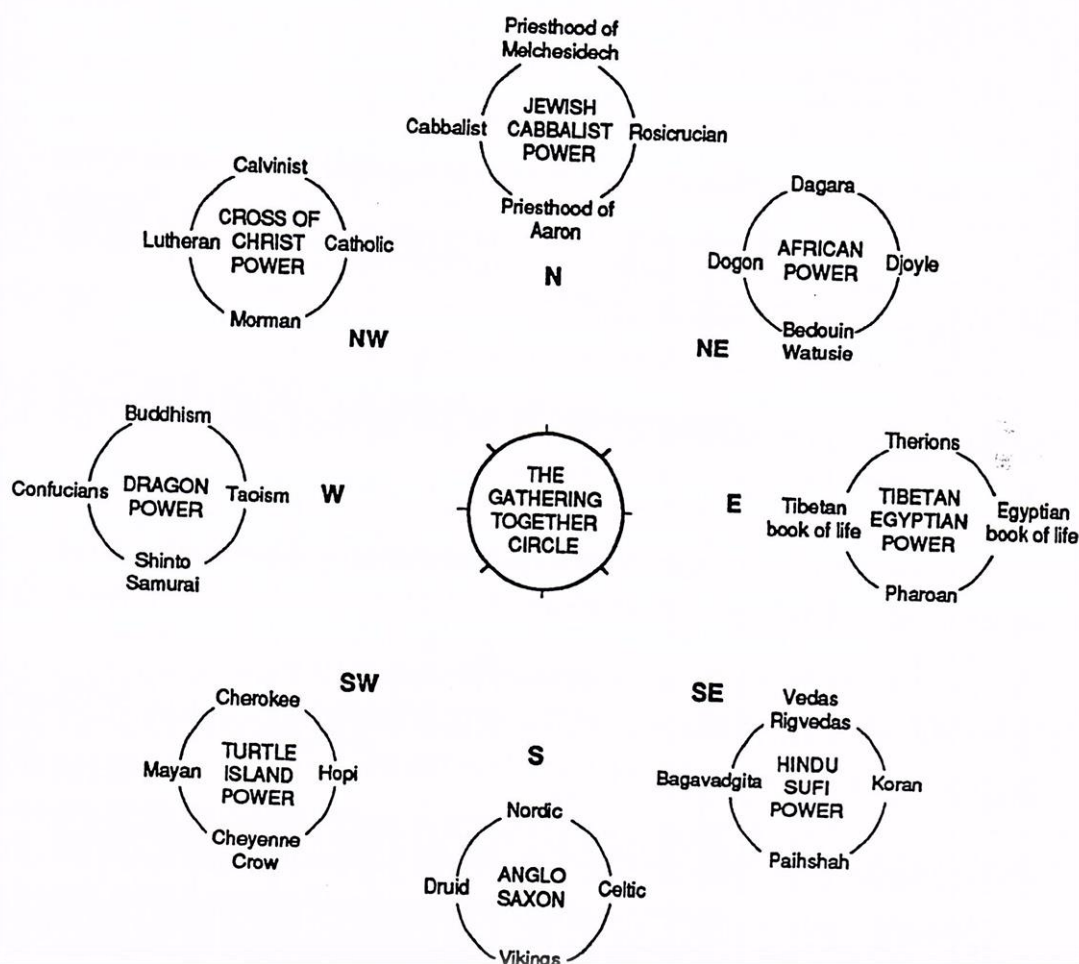
This spiritual path called the Sweet Medicine SunDance Path is a 15 Gateway Path which guides a person to shed all barriers and reservations and dive into the potential of power that is their inner warrior's goal and quest. The word "metis" means of mixed blood. It is the recognition that all colors and all ways are honored.

Therefore these teachings incorporate vast amounts of knowledge found in the inter-tribal Native American traditions, as well as from the Eight Great Powers. (See figure 1). It comes from a "body" of sacred knowledge taught and preserved by traditional Native American Elders called "Twisted Hairs". These Twisted Hairs were all "Warriors" and came from many different tribes from all of North, South and Central America, including Canada, called Turtle Island. Australia and New Zealand are included here as the Elders say these two land masses were once part of Turtle Island. A Twisted Hair warrior was usually an elder and respected medicine man/woman, Shaman, Sorcerer, Magician or Wizard and was a member of his/her particular tribe's "secret" Medicine Society or Magickal Lodge. Therefore, they were considered to be a man/woman of power and knowledge. What distinguished a Twisted Hair from a traditional medicine person was his/her ability and desire to seek knowledge from all sources. These men/women were not content to accept blindly the limitations and boundaries of their tribal, traditional teachings and chose instead to travel and seek knowledge from every direction of the Wheel of Life in order to find their center and come into perfect alignment with the Great Spirit.

It is our hope that the material contained in this Course of Study will allow you to make the decision to become a warrior, to flow with the affects of Nature, and learn how to never "be at the effect" of any one, any thing, any where at any time in any way. We trust you will use this material to take your power and become and remain the cause of your own circle of Life.

A skeptic might question in this way. "What makes this legend of the Twisted Hairs, this council of highly developed Elders somewhere that we can't see or talk to, any different from a traditional religious notion that somewhere there is a Supreme Being, who, if we just believe in it, will give us a better life?" This Path and the Twisted Hairs state clearly: Don't believe in anything written in these modules or taught to you. To believe is to say "I don't know so I can only believe it." To believe in anything is to stay within the realm of doubt. This makes you a fool. Use these Wheels and Keys; try to prove them wrong. If they work for you and grow corn; great. If not, place them on a shelf for further examination at a later date. Do what you will, but don't believe them! Awanestika!

The Eight Great Powers Wheel



THE TWELVE MAGICKAL WORLDS

(Excerpt from "Song of Heyoehkah", Hyemeyohsts Storm, 1981)

"Have you ever noticed how close the stars appear to be at times?" Rainbow asked, hugging Dancing Tree.

"Yes, I have," he said, turning to look at her.

"My grandmother used to say that we see them because we wish them," she smiled. "They become even more beautiful when you think about the teaching of the Twelve Magickal worlds."

"The twelve magickal worlds?" he asked.

"It is a SunDance teaching." She laughed a beautiful laugh and lay her head back upon her soft pillow of white ermine.

"Isn't everything?" He laughed with her. "Please tell me."

"Well," she began, "the Medicine Woman said there was a dance of prophecy that began a very long time ago.

It began out among the stars, she told us, it was a song that belonged to the great Universe. The song grew within its fullness, until finally everything began to sing with it. It was a pure song of the harmony of all that exists, and it painted its brilliance across all time.

The beings upon the Twelve Worlds blinked at the light and wondered concerning the song. And so each of them made medicine. And the medicine flew from one world to the next until it was reflected everywhere. The beings upon the Twelve worlds had seen the sign of the Thunderbird. And the Thunderbird held up an image to each of the worlds, until all twelve could see the next. They were very surprised to learn that they were not alone within the Universe.

But more important than this, my little children, all the beings upon each of the Twelve worlds now knew that they were not complete. 'We are only partial beings,' they cried, and their sadness moved out into the Universe until it was heard.

'It is so,' the Universe answered their cries. 'You have awakened.'

The Great Spirit of all the Universe walked upon each of their worlds and everyone became refreshed. Now they felt the joy of birth.

'Where should we go to meet ourselves so that we can become whole?' the beings from all Twelve Worlds asked.

'Walk upon my robe,' the Mother Earth answered. 'Walk here, my children, and you can know of each other.'

'The Mother is made up of all things,' the Universe sang. 'She is part of all twelve. She is part of all the beings upon all the Twelve Worlds.'

'And the Mother made medicine. The medicine was love and the Universe knew that it was the song of the light. 'Come,' the Mother sang. 'Come and be born. You will leave your memories behind. Come and be children together. Come and be sisters and brothers, mothers, fathers, and relatives. I will provide everything. Come and dance together.'

And the beings, many of them, wanted to dance. They wanted to become. And so they were born. Little by little, more and more of the beings wanted to become. And the Mother sang her wondrous song. Each of them was given a body-lodge made from the Mother Earth. And the spirit of these things grew among the people of the Earth. Each being from each of the Twelve worlds brought a special gift with them. This gift was their way of perceiving. It was their spirit. And each of these beings had a special power.

The Mother sang to them of these things saying, 'You will become complete people when you have danced with the powers that each of you have brought. Learn together. Teach each other. Care for one another and you will learn of your love for each other.'

"What are those powers you spoke of?" Dancing Tree broke in to ask.

Rainbow laughed. "Do you not remember your teaching concerning the medicine wheel?"

"You mean the reflections?" he ventured.

"Of course!, she smiled. "Are you not different from Crazy Dog or Little Wolf?"

Rainbow sat up.

"There are special things given to all of us, but all of us can learn about our gifts within the SunDance."

HOW WE STUDY WHEELS

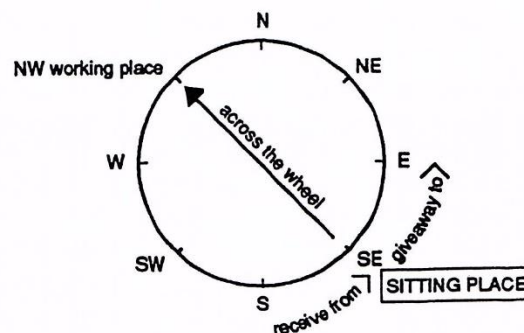
Let's now look at how we will study the basic teaching wheels. In the Native American world, wheels or circles have been used since the ancient times as tools for teaching the ways of the universe. Nothing is seen as linear for the idea of a linear existence is considered to be an illusion. There is no "beginning" or "end". There is simply a change of reference points. Birth into physical existence is not the beginning of life (for spirit is eternally alive), but it is a different perception point through which spirit experiences its aliveness. It is simply movement in the wheel of life. SwiftDeer tells the story that when a "white man" wanted to say someone was crazy they would take their index finger up by their ear and rotate vertical circles by their ear. This indicated someone who thought in circles or wheels had gone loco, went in circles, or was crazy. When the "red man" wanted to say someone was crazy they would take their index finger and draw a straight line across their eyes. Thus indicating that a person who thought in a straight linear fashion was crazy.

Learning of the universe through wheels offers a way to perceive how one form of life is completely interconnected with all other life: flowing, changing and reaching out to touch all forms of all things with beauty. All the wheels of the Sweet Medicine SunDance Path spin and interconnect with one another in this way. Each position on the wheel corresponds to one of the four cardinal directions: South, North, West, East - or one of the four non-cardinal directions: Southeast, Southwest, Northwest and Northeast. Furthermore, there are specific qualities and characteristics that exist for each direction. Thus, no matter which wheel is being used, the subject matter is placed in a particular direction because it contains the corresponding properties. For example, on some wheels in the West, you have the earth element. West is also the physical body, strength, power and stability. One can quickly see that these energies all work with and carry within themselves similar properties. And so the wheel goes. Even properties that have seemingly nothing to do with each other, when overlaid, allow you to make amazing connections into deeper understanding. Those of us who were taught to think in linear terms will find studying wheels a particular challenge! However, it is also fun.

On any medicine wheel, the cardinal directions will hold the energy of a circle and the non cardinals will move energy in and out of the circle.

When you are studying a particular aspect of a wheel or trying to gain understanding of something, you first determine where it is located on the wheel. That direction is called its "sitting place". Directly across from it is the "working place". This means you are gaining an opposite perspective of what you are studying, - you "work" with the information.

Figure 2:



Re-Integration – Using the Wheel after this Retreat.

Make no mistake. You are altered. Your life will never be the same. And that is a good thing. When you go home, things may not look or feel the same. Here are a few tips to help you integrate what you learned here with your world “out there.”

1. Be kind to yourself. Take it easy. Try to abstain from mind-altering substances (alcohol, drugs, sugar, TV, radio, etc.) for at least 24 hours. Let the teachings that your body has taken in establish themselves.
2. After about 24 hours go back to your usual routine, and simply notice if anything feels different. Notice your thoughts and emotions. Use your journal to process them.
3. Do the Apache Scout practices. Sit-spot is a good one to start with, even just once a day.
4. Consider upgrading your diet. Release sugar, alcohol, gluten, and/or meat in any quantity you think you are ready for. Increase water intake and eat organic. Your body is the most powerful shamanic tool on the planet. Treat it well.
5. If you would like to work with the wheel at home, you can use 4 small rocks and a tea-light. Set them up in front of you in the configuration that we have established: North-Air, East-Fire, South-Water, West-Earth, Center-Ether. You can put them on a desk in front of you, or in the floor inside or even outdoors so you can sit inside the wheel. If you are using a desk, you can just sit behind the direction you want to work with.
6. Balancing your “shield” or wheel, is as simple as just sitting in each direction and listening for guidance. If you want to do more here are some suggestions for each doorway:
Begin in the South and ask these questions: Am I giving with my emotions? Am I clear, clean, and current? Is there anything I need to release?

Move to the West: What am I holding in my body? Am I metabolizing energy? What else do I need to know?

North: What am I receiving with my Mind? Am I learning and growing? Are there places I need to adjust? What am I allowing to live in my mind? What do I need to change?

East: Am I determining with my Spirit? Where am I going? What is my next step? Am I on the right track? What are step-by-step actions I can take to achieve my goals?

Talk to the Earth. Get outside with your bare feet on the ground. Let her know how much you love her and how much you appreciate this life.