

Welcome to the
Extraordinary Soul
Mystery
School



Module 4



Module 4

The StarMaiden Medicine Wheel Teachings: East-The Fire Door

Items needed for this module:

- 4 stones laid out in a wheel with a candle in the center
- A potted plant or access to outdoors
- A strand of your hair
- Cornmeal or tobacco
- Lighter
- A place to safely burn some papers



We begin this section with:



Fox-Walking – This is a walking meditation. Begin by lifting one foot and laying it down on the outside top edge and then rolling slowly to the ball and gradually lowering the heel. 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.

Fire Element Exercises

Directional Quest – Where Am I Going?

Return to your place among the trees and face the east or go to the east door of the Medicine Wheel. Take with you a token of the kingdom associated with Fire—the Human Kingdom. A strand of your hair or nail clippings will do. Hold them in your left hand at your center point with your right hand over the top. Then put your question for a vision of the future: “Where am I going? What is my intended Path? What is my purpose beyond self?” Wait patiently but expectantly for a response. Record it in your journal.



The Give-Away

Fire is associated with the Spirit so ask yourself what spiritual matter may be impeding your progress to enlightenment and spiritual freedom. Could it be your ‘need’ for freedom—your ‘need’ to do exactly as you like? Are you hurt by constraints and frustrations? Then the path to freedom may lie in giving away your need of it in order to attain contentment. Think about that. When you have determined what it is you want to banish from your life, associate it with the token in your left hand. Then bury that token in the ground. Consider what positive spiritual qualities should replace it and seek the transforming power to enable them to be brought about.

Then consider what positive attributes you can give to bring a blessing to others. What of your Spirit can you ‘give away’? Is it your time? Time is a great gift to ‘give’ to others for time is a measurement of life and you can give no greater gift than your life. Consider how you can devote some of your time to bring pleasure to others. Record your thoughts in your journal, leave your thank you gift.

**Fire Element Exercise
Fire Activation Dance**

Water helped us erase our personal history, to free ourselves from the attachments that were hindering our development toward enlightenment and self-realization. Earth helped us face our own death, to show willingness to accept change and to leave behind those burdens of the Past that were obscuring the Present. Now with Fire we will seek enlightenment and truth, we will activate our intentions and establish our link with our "true parents"—the Earth, who is our Mother, and the Spiritual Sun or Creator who is our true Father. These also represent the female and male energies of Creation. Since the fire element is also about movement and Divine Right Action, we will activate these energies with a Fire Activation Dance. When we move our bodies, we alchemically activate all the elements in our body. Dancing with intention, "turns on the switch" in our brain and causes this literal transformation to take place. Once we are complete, we will return to the center for centering.



**Fire Door
Activation
Dance!**



Centering

**Gratitude
&
Closure
Ground**

