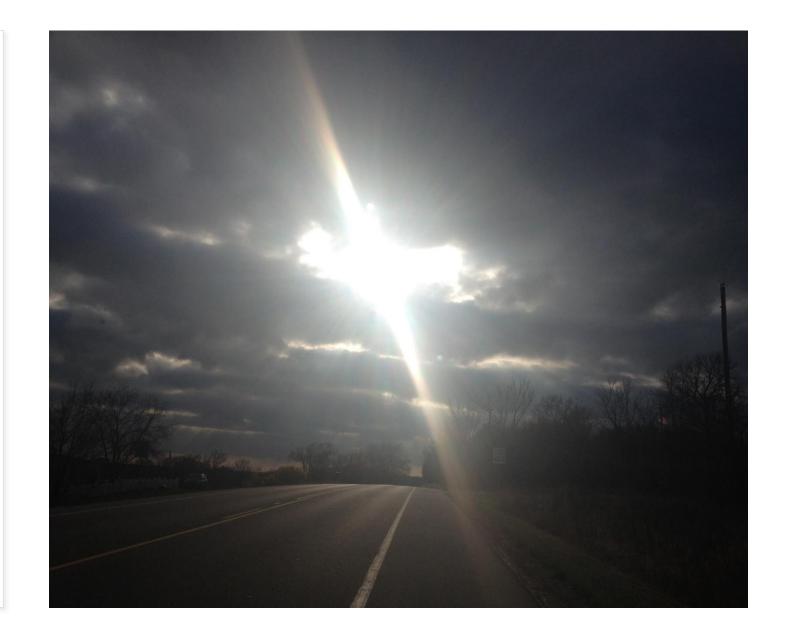


Stalking Your Sacred Work
Using the Wisdom of the Medicine
Wheel to Remember Your Sacred
Mission

with Kathy Forest



Discovering What
You Came Here to Do:
Medicine Wheel
Basics
Mission Statement
and Vision Statement
for your Life





Open your Creation Vessel

To Receive



Introduction

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 synchronisticly 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.

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.



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, in order 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 it's "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.

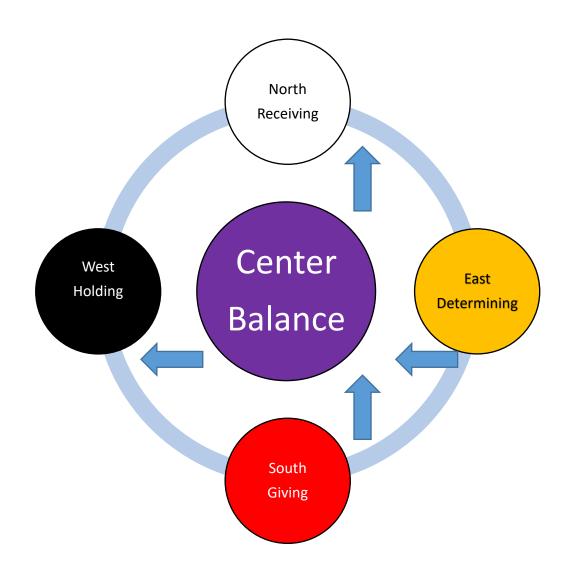
This pattern became a very powerful alchemical tool to harness vibrational information because of the nature of containment within the circle.

Thus this pattern is scene in various configurations throughout most spiritual traditions.



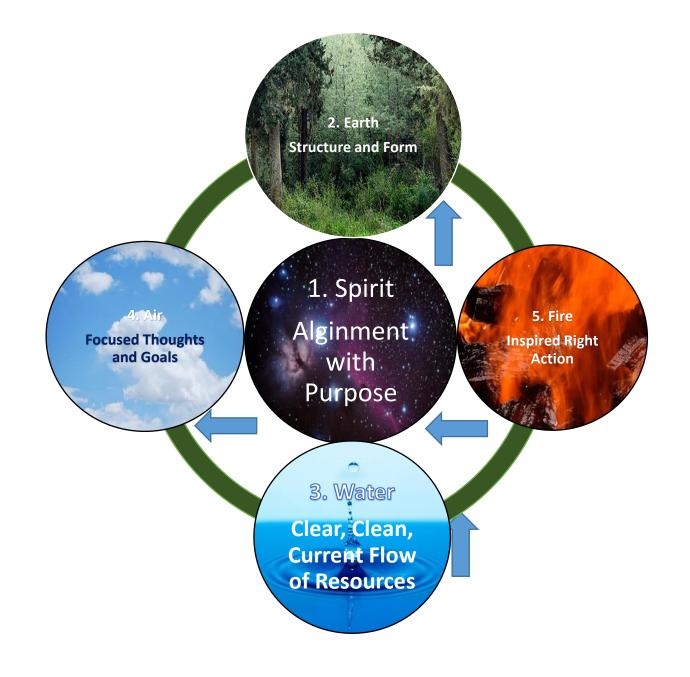
Medicine Wheel Basics

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

<u>Super power - Power of Choice*</u>

As the place of CENTER, it catalizes energy!

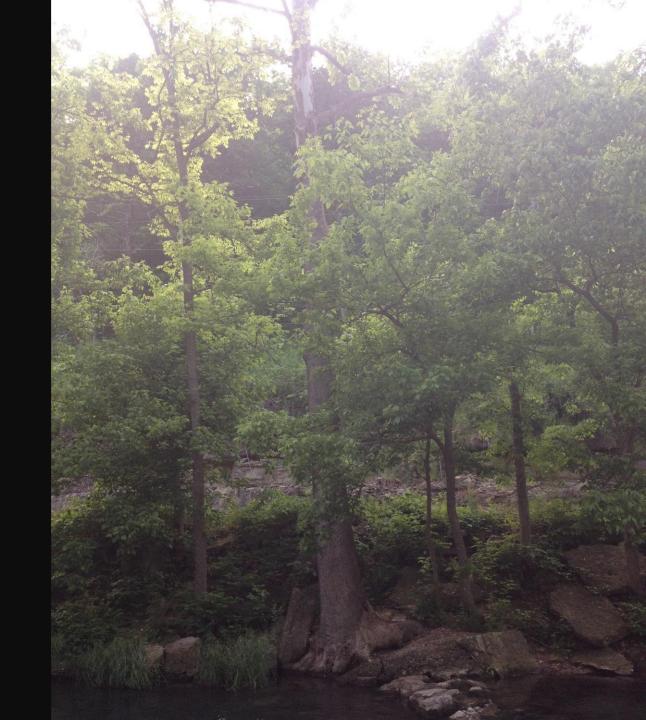


EARTH - Your Connection to the Physical Realm

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 and 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.

<u>Fire – The Power of Action</u>

- Dynamic and Energized
- Growth
- Illumination
- Life Force
- Passion
- Power of Intention
- Movement and Action
- Radiance and 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 an anchor ourselves to that Mission and Vision.



