

Welcome to the
Extraordinary Soul
Mystery
School



Module 1



Module 1

Introduction to the StarMaiden Medicine Wheel Teachings.

Items needed for this module:

- 5 stones laid out in a wheel



Lay out rocks
Connect, Call in Sacred Space



Open to
Receive



Welcome home to your
Extraordinary Soul

- Welcome
- My Intent for you for this program
- Setting Intentions
- Holding Space
- What will be required (in-person and online)



Guided Meditation



Set an Intention for the Process

"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." *-Sacred Plant Medicine by Stephen Bunner*



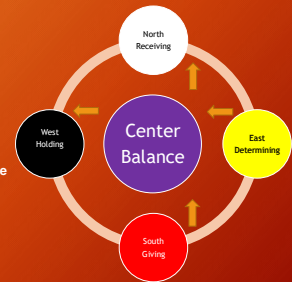
The information about the Medicine Wheel comes predominantly from studies and teachings of indigenous cultures, because these cultures utilized this ancient technology in very profound ways to create dramatic results in their everyday lives. Much of what we will teach may seem to have a Native American flavor to it, and rightfully so, since this area was inhabited by Native American Indians most recently, therefore, this is the predominant information we will have access to. However, it is important to know that "the Medicine Wheel was never an invention of the American Indian mind. It is a universal power source that was entrusted in ancient times to the Red Race for safekeeping until the time arrived in human history when it would be needed to harmonize all esoteric traditions for the benefit of mankind. This truth was hinted at in many American Indian legends."² Once you begin working with the wheel, you will begin to be reminded of many times throughout history that "adaptations" of the wheel have been used within all spiritual traditions. Even the Christian symbol of the Cross, can become an archetypal symbol that has roots in the Medicine Wheel. So to use this technology can awaken archetypal knowing deep within the psyche. It plugs you into your divine purpose that is embedded in your DNA. It turns the key in the lock that puts you in touch with your own guidance in a profound way. It resets the clock. The Medicine Wheel is a diagram of human consciousness. By recreating this image in the physical world (not just our inner world) we amplify the information, clarity, and understanding we receive. Make no mistake, you can gain plenty of clarity and information by simply taking yourself into your inner wheel in meditation. But bringing it through to the physical and actually utilizing it, by even just the exposure of being inside of it in a sacred way, cause spontaneous, automatic and autonomic changes to your DNA and your consciousness. In layman's terms, it works on a sub-conscious level to heal and redirect your life. You get an energetic adjustment to your life usually through inner understanding and inner guidance. It is as if you have this giant receiver to Creator and you can dial up the kind of information and assistance you need or desire, just by sitting in the gateway that corresponds to that particular type of information.

Because the Medicine Wheel does not belong to any particular tradition, there is an inherent lack of dogmatism in its study and use. You do not have to learn a set of beliefs or dogmas before you can progress. Using the wheel is quite simple. With just a few simple instructions you can begin to develop your expertise in its use and it will develop from there. In fact, you are encouraged to find your own perception of truth within a system, which is itself, which is itself, but a map or a framework in which discovery can be made. So by using the wheel, you are not ascribing to follow any other "doctrine" or become a Red Indian "devotee." In fact, the quest for Truth, which is what you are on, is lost immediately when you transfer your power into the hands of another. The study and use of the Medicine Wheel is about finding your own power—YOUR OWN MEDICINE!



Wheel Mechanics

In traditional wheels, each direction represents a fundamental part of creation. Since most wheels in this area have the Earth Mother as their base, they predominantly use the elements as a beginning point: earth, water, air, fire, and ether. From the elements stem all other energies that are held in any given door or gateway. I like to think of the wheel, itself as the hard-drive of a computer, and the elemental energies as the software. Each of the elements are put in a particular place for a specific reason. Where you place them matters to the outcome you are working for.



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 the purposes of receiving guidance or tracking our past we would use this configuration. Thus we will be determining with our actions, giving with our emotions, holding with our body, and receiving with our minds. This is how we learned and understood our world as children.

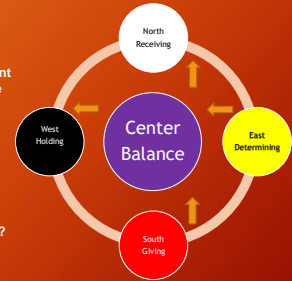
Native peoples understood this configuration as the configuration of the Divine Human. This is the way the Earth and all humans were originally designed to process and understand the elemental forces.



The Western Wheel

None of us in the west were really taught anything about how to use our wheel and work with the different aspects of ourselves when we were young. Mostly we learned it by default, whatever our parents did, that's what we did. So to help you understand this lets take a look at how most peeps in the west to help you understand how important this really is.

What do most of us determine with?
 What are we taught to hold?
 What are we taught to give with?
 What is left?



The Western Wheel

What about you:

- How do you make decisions? What do you determine with?
- How do you deal with your emotions? Do you share all of them freely, or do you hold them?
- How do you show someone you love them? What do you give with?
- What or how do you receive? What's left?



The goal for this Module is to give you a basic fundamental understanding of how the wheel works, and anchor and awaken a basic understanding of each of the elemental aspects of the wheel within you, so that you can begin to access guidance in a deeper and bigger way on your own. You will also be provided with exercises that you can do daily or as often as you like to keep these wisdom pathways open. Some of these exercises are based on the teachings of Grandfather Stalking Wolf, an Apache Elder. They are exercises of the Apache Scout designed to create "Spiritual Fusion," a synthesis of all the realms we live within, rather than just the physical. They are very simple, yet very profound. They work to train the reptilian part of our brain. This part of our brain is the vast amount (80-90%) that we don't use anymore, our survival instinct. It is a very active part of the brain, and can be trusted but must be trained. Those connected to the Earth have these pathways "switched on", and can act with instinctive awareness that everything around them is alive. With this awareness, communication with all of these areas is possible. Once trained, we will be able to build a stockpile of energetic doorways to access big power for healing when necessary. Through continued use of these simple yet powerful tools, we will begin to build pathways of consciousness in our subconscious mind. I have associated each of these exercises with a gateway of the wheel.



They are as follows:

- South – Water – Sit-Spot Meditation, morning and evening
- West – Earth – Long Form Meditation
- North – Air – Fox-Walking
- East – Fire – Wide Angle Vision

Sit Spot – This is a simple practice of doing your morning and evening prayers outdoors and connecting with Mother Earth and Father Sky, even if it is only for 5 minutes in the morning and evening. Make it a point to do it about the same time and in the same spot every day for at least three months.



Long Form Meditation – This meditation is designed to help you access your “inner vision.” By practicing this meditation often, you will become quite familiar with the terrain of your inner world. I lead this meditation several times throughout the weekend. There is also recording of it on the Facebook page so you can listen anytime you choose. Eventually, you will be able to do it on your own without any prompting.



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.

Wide-Angle Vision – This is an apache practice that activates and begins to train your brain to respond to you. It is the conscious act of broadening your senses and your vision to take in more than just what is in front of you. Begin by holding your thumbs in front of you and focus on them. Then expand your arms out to your sides until you can just barely see your thumbs, and hold your vision in this position. You can practice it during your sit spot time or any time you want to awaken this part of your wilderness awareness. Another way to practice is to slip into wide-angle vision and then fox-walk



As you move forward, if there are places that you seem stuck in your creativity, try going back to the **Divine Human Template** and ask some questions...

1. What am I holding in my body now? What have I held in my body when I danced this position in the past?
2. What am I receiving in my mind now? What have I received when I danced this position in the past?
3. What actions are determining my outcomes now? What actions have I used at this position in the past?
4. What emotions am I giving? What emotions have I given in this position in the past?



Gratitude
&
Closure
Ground

