

*Welcome to the  
Extraordinary*

*Soul*

*Mystery*

*School*

Module 3



# Module 3

The StarMaiden  
Medicine Wheel  
Teachings:  
West~The Earth 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 small crystal
- Cornmeal or tobacco
- Lighter
- A place to safely burn some papers



**We will begin this Module 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.



## *Earth Element Exercises*

### **Directional Quest – Where did I come from?**

Go to a place that represents the Earth to you, either in the Wheel (the West) or someplace among the trees where you can sit quietly and face the West. Take with you a token of the 'kingdom' of the West—the mineral kingdom. A small crystal. Hold this in your left hand resting on your navel, with your right hand on top. This will focus your efforts. Ask the question: "Where did I come from?" four times. Again, the question of your Quest is not concerned with your temporary, personality self, but with the Real You, your High Self or Spirit Self. Repeat the question a few times and then wait expectantly for an answer—being relaxed and at ease but alert, watching and listening.



# The Giveaway

The Earth Doorway is the place of 'earthy' things and of the physical, so in determining the 'give-away' it is a matter of identifying what physical actions, habits and idiosyncrasies are causing you pain, discomfort or embarrassment, which you would like to get rid of. Or, perhaps in review your physical 'needs' you may wish to give away your dependency on physical things. This does not mean the denial of physical things, merely the dependence on them to attain satisfaction. What such a 'Give-away' sets out to achieve is that whether you have a physical object or not will make no difference to the way you are. If your Give-away is a negative physical condition, consider its polar opposite which you would like to replace it with. Associate those things you want to banish from your life with the gemstone in your hand. Now bury the gemstone beneath the surface of the soil near where you are sitting. Give them to Mother Earth to transform into positive qualities. Consider now what you can give away of yourself to bring benefit to others. Physical effort, perhaps? In other words, determine to become a 'doer'. Walk your talk. Before you leave, thank the Spirit of the Earth Doorway, the spirits of Nature, the Great Spirit for what has been revealed to you, and Mother Earth for her transforming power. Leave an offering.

## Death As An Advisor

Go to the West Doorway of the Wheel and get comfortable. Listen to the reading from *The Medicine Way*, by Ken Meadows(p. 129-131).



1. Write down your own death in two ways, the death you fear but which is a likely outcome of the way you have been living and of the society in which you live, and the death you would like it to be.
2. When this task is completed, spend some time considering what parts of your past are holding you back from being what in your heart you want to be and prevent you from doing what it is you want to do. List these things on a separate piece of paper.
3. Finally, compile a third list. This one is a list of conditions and circumstances you are in and would like to have changed. Perhaps you are unhappy at work. Perhaps you are limited by restrictions and circumstances. Perhaps you are deeply in debt. Lonely? Frustrated? Neglected? List them all down.
4. Now we are going to let go of all these things. They will 'die' in the flame along with your own 'programmed' death, to be transmuted so that you are no longer weighed down and imprisoned by them. Free then to 'travel' to the Fire Doorway, the place of your Enlightenment—where you can begin to take charge of your own Future. Go over the lists you have written. Let your mind dwell for a time on each. Turn them over in your mind. Then LET THEM GO. Release them. Imagine them being taken away, lifted from you like a great burden off your shoulders. FEEL the relief as the burden you have been carrying is no longer weighing you down. Let go of the past. You cannot change what has happened. It is done. But you can break the chains of the past that are enslaving your Present. Imagine those chains being cut. Throw the chains down. You are FREE. See the death that 'would have been' being taken away. It no longer has a hold on you for in facing it and confronting it, you have vanquished any power it had over you. You no longer fear Death because you have already confronted Death and transformed it from an enemy to an Advisor. You have taken your Power and are no longer powerless in the face of Death.



5. Ask the fire to consume all those aspects of your past that have been limiting your life and leading you to that programmed death. Ask to be released from the thoughts and concepts that have been enslaving your mind and your Spirit through false beliefs and customs. Ask that you no longer be a victim of circumstances or of the mind conditioning of other people. Ask that you learn to choose the rest of your life consciously and become what YOU desire to be, and to choose your own death.

6. Now burn all the papers with a little tobacco. The paper containing the account of your programmed death should be burned last of all. As you watch it being consumed in the flame, see your death as it would have been. Death no longer holds any fear for you. You have faced it and as the flame consumed the paper, you have watched it vanish before you. Yet you are still the same, conscious you. Death has been swallowed up in victory.

7. Now pass your hands gently through the flame and place them on your forehead. Then again and place your hands on your heart. Finally, pass your hands through the flames again and place them over your solar plexus. You have now symbolized the bringing of the Divine Flame into your mind, your heart (Spirit) and your body. The divine gift of freedom has been given and accepted. Return to the West door and continue. Now think on this: You have given to the Fire—the Divine Spirit—all that has hindered you and it has been received and taken from you. You have watched it be transmuted so that transformation can take place. Write down your thoughts.

This is the end of the instructions for the second doorway. We will pause the recording and give you time to do the exercise. When we return. We will center, and then begin the Fire Door.



# Centering



Gratitude  
&  
Closure  
Ground

