

*Welcome to the  
Extraordinary  
Soul  
Mystery  
School*



Module 11

## Module 11

### WEST - THE EARTH DOOR

### Getting to Know Your Animal Allies



## Items needed for this module:

- 5 stones laid out in a wheel
- Module 10-11 Handout
- Your Shield



- Lay out rocks
- Connect, Call in Sacred Space



Open to  
Receive



If you leave here, with nothing else, 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.

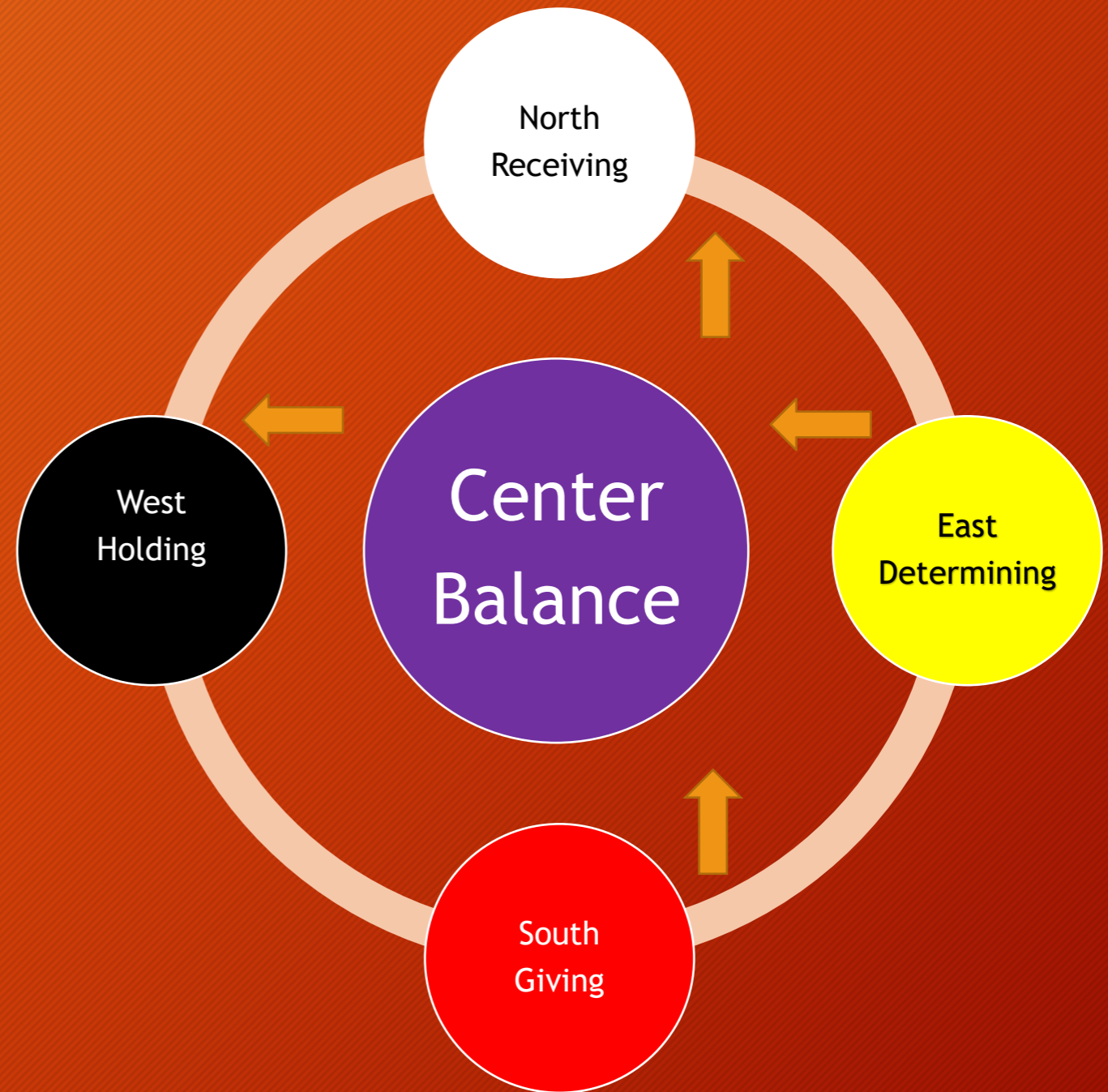


As we have said in every Module:  
“The Medicine Wheel represents the circle of all life. When you sit in the wheel and evoke the sacred, all life comes to sit in council. The human, only one member of the web of life, can use the ceremony of the wheel to restore contact with all the relations of life. 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.” -Sacred Plant Medicine by Stephen Buhner



# Earth Spirituality: Animal Allies

As I have shared, the Earth Provides us with everything we need. If someone gives you a gift, you don't cast it aside. You open it, look at it, get to know it. In this, and our next module, we will be "getting to know" our Spirit Animal Allies in a deeper way. Our Soul needs to be FULLY aligned with this help. These gifts are specific to us and to what we will need as we move through our live experience in this specific incarnation. We can't NOT look here! Their essence and teachings need to be incorporated into our essence. The wheel can do that!







# Guided Meditation



## AN EXERCISE

1. Place your shield out in front of you and connect to your totems. It will be helpful to have the handout with the energies and lessons of the directions nearby to refer to.
2. Refer to the Energies of the Directions handout and read the energy of the South. This is where you began.
3. Then connect with your Birth Totem, the one that lives in the south. Ask it for any messages it has for you about what you came into this body to accomplish. Ask it for any advice it can give you. Journal with this information.

**South - Power issues, not being able to take your own power and standing the center of your own circle - Emotional issues, either null emotions, or emotionality - Issues of the Child, either not being playful and spontaneous, taking life too seriously, or Giving issues, not being able to give unconditionally, or not being able to give away what no longer serves you - Body issues, either blood, or flowing of your energies.**





1. Refer to the Energies of the Directions handout and read the energy of the North. This is where you are going.
2. Connect with your totem in this doorway. Ask it for any messages it has for you about how you can “grow up” into it’s energy. Ask it for any advice it can give you. Journal with this information.

North - Flexibility, having tunnel vision and not being able to walk around the wheel, philosophies and belief systems - Body issues, breathing and clean air - Knowledge, being able to turn knowledge into wisdom - Intent, holding your intent, and connection to Great Spirit - Responsibility, taking responsibility for all aspects of your life - Animals, honoring and drawing from the energies of your animal allies.

Refer to the energies of the Directions handout and read the energy of the East. This is your Spirit Keeper. Ask it how it can help guide your spiritual self-growth and development. Journal with this information along with any other guidance.

East - Spirit, issues including your creativity, vision, your spark - Sacred humans, being the determiner of your life-force energy, having passion and lust for everything in life, knowing that we are all one - Enlightenment, issues of your spiritual path, raising your consciousness and vibrational levels - Masculine, honoring your assertive side and all that is male.



Refer to the Energies of the Directions handout and read the energy of the West. This is your Clan Animal. Ask it to guide you to see your greatest weakness as a strength and your greatest strength as a weakness. How can it help you achieve physical mastery? Journal with this information along with any other guidance it has for you.

West - Physical issues, finances, health, body, not holding and transforming your energy efficiently, not being grounded - Relationship issues, family, work related, love - Intuition, psychic powers, honoring that you are not a five-sensory human but a multi-sensory human being - Feminine, honoring your receptive nature and everything woman.





## **HOMEWORK:**

Connect with the non-cardinal totems to see how they can help you run patterns in your life. Find the totems that are specifically working with you where you are on the wheel right now (all three levels).

Begin gathering the following items for Module 12:

a tiny representation of your mineral totem, plant totem, and birth totem

A small bit of soil from the place of your birth or a place that holds power, magic or happiness for you. Small pieces of cloth in the following colors: red, black, yellow, white, and your color as indicated on your totem chart.

I will be providing you with pieces of cloth, leather and other tools and we will be making a power bundle for you at our next in person class and when we do Module 12 online.



# Questions and Sharing

Gratitude  
&  
Closure  
Ground

