

For this meditation and teaching we re going to cocreate our own Medicine Wheel on the sands of time and no time with the elements , the spirit animals and the ancestral helping spirits of the Four Directions

So settle yourself comfortably. Create a heartspaced awareness in yourself by taking your mind to your heart and down again to your intestines so we re seeing with all our internal eyes. So once again our bodies are fully part of this experience. We will be communing with the ancestors of each direction and asking many questions. So if you chose, have a paper and pen ready to make notes so you can recall what comes forth.

See yourself walking through a pretty seaside town, with pastel coloured beach huts lining the promenade thats leads to the river. It's evening and its been a long warm summer day. The last of the beachgoers are leaving the beaches and the locals are walking their dogs across the wet sands of the outgoing tide.

You arrive at the river mouth where sea and river meet and cocreate great whirls of current and at a full flow , a riptide. Observe how both river and sea allow the other to be yet can cocreate to form powerful energies. You're walking now along the riverside, taking you to the bridge . The riverside is a boundary between your world and the world of the river, just as the beach is a boundary between the land and the sea, yet they work perfectly separately and together at the same time. Nature observation like this is how we learn to emulate nature. For many lessons are held here in these simple observations. The last of the cruisers and little sailing dinghies with their brightly coloured sails are returning to the riverside marinas and boat clubs. Because of the fast out pouring river they are creeping up the inside of the river next to the bank away from the full flow. Notice how the river is a shape shifter, shaping itself and the land . The dinghies who've run out of wind in the peaceful evening air are being towed in by a motorboat like a long line of colourful ducklings. You cross the bridge over to the lane that leads to a quieter beach. The wind has blown the loose soft sand from the dunes and its caught in tufts of grass at the roadside. There's a softness to the evening air. As you pass the small marina the boat halyards are clicking on their masts in the light wind and the seagulls who've toured inland to steal fish and chips from unaware tourists are starting to head out to sea.

You come to the end of the lane and walk down onto the nearly empty beach. Crossing the tide line from the high tide a few hours earlier you pick up some driftwood and other treasures. The sea continually delivers its gifts to the land. Like the river it knows what and when to let go. It knows how to form boundaries.

You're enjoying the solitude . Walking across the wet sand where the sea meets the land and the land meets the sea. These places of natural boundaries are where the veil is thinner and wisdom seekers like yourself can call in information from the unseen realms. The sea is also an earthshaper, continually sculpting the shoreline , continually transforming and transmuting.

You're here too to shape your legacy. For you're going to make a Medicine Wheel to expand your vision, reclaim your inner timeless being, craft your souls purpose, embody the life you planned to live eons ago. Forging an alignment with source. All this we call aligning to your True North. Bringing You back home to You.

Yes there is unpredictability in this. You dont know what you will uncover, find, discover, learn. It's uncharted waters. But within that lies infinite possibility and potentials for growth from each

direction as you go beyond the edge of unknowingness. It is a circle of your sacred life journey you are honouring on this red road of physical life.

Look around now , higher up the beach on the pebbles you've just walked over, for 12 stone people. These will be your sentinals and guardians who form your Medicine Wheel .

Take your time choosing and know each of the Stone People you choose are already prepared to be your Sacred Circle Keepers. Stone People are the earths record keepers. You have met before. Carry your stones to a large area of sand . You can make the wheel as large as you please. Open sacred space by calling in the Four Grandfathers of the Four Directions. Give gratitude and prayers. Poems if you choose. words of your choice.

The first stone we lay of the Medicine Wheel is the South. For this is where you start as a child . With prayers to the South set the stone on the south part of your circle. Use your compass if you're not sure of the directions. then move to the West and with prayers lay the western stone. You might prefer to say one continuous prayer all the way round the wheel, acknowledging each direction as you go. Next lay the north stone . Do not lay the east stone yet but move on to the 4 o'clock position for the next stone, 5 o'clock for the next one. 6 o'clock is the south which you've already done. Continue round the wheel until you ve laid the 11th stone at the 2 o'clock position.

Before laying the east stone bless your medicine Wheel. Thank it for its part in your circle of life and learning. Now call in the spirits of all four directions through that eastern door. Call in Father Sky, Grandfather Sun and Grandmother Moon for the above direction, Earth Mother for the below and your higher self for the within. So be sure to be within the sacred circle all the time for this ceremony. Thank the Stone People . Now lay your last stone to the east to close the door. Dedicate the wheel to the honouring of sacred ceremonial space.

You have now set up your very own Medicine Wheel. If this was done with your tribe, you would have gone off now to feast and celebrate. But today we want to cocreate with our wheel . Our spirit is already travelling ahead around the perimeter of the wheel to send us urges for lessons that we need.

So turn yourself now to the south direction, where you set down your first stone. Put out your hands, those antennae of the body, and stretch out those arms onto the south direction and call on those Grandfathers to come and bless your place of innocence and growth . For we are doing a circular life path here . Your life wheel. In this meditation the south is the land of the earth element. And here is where you came in , from the Cradle board of the seven future generations. You were and are that future manifest here now. On earth. And your spirit has been born again into this physical body .

See yourself now as that small child , stood upon these sands of no time.

Look down at those little sweet toes. All stubby and pure and new. This IS you!

Feeling the still wet beach as the tiny rivulets of water try to catch up with the sea. Hear the soft lap of the slowly incoming tide. Everything is in motion. The natural world ebbs and flows with

rhythm . The medicine wheel is all about harmony, connectedness , and flow. Give some thought now to how you allow your own natural rhythms to exist.

Do you give them space to?
Do you honour them?

Can you now see through the eyes of that child?
Can you see the beauty all around you?
Can you feel how aligned to source you are ? Right now, stood on this beach?
Are you seeing life's true beauty now through the eyes of that child?
Have you forgotten you're destined to be the best version of the best vision you ve ever held about yourself ?
For here you are that. There is no fear here in this innocence , no self importance, no need for justifications. You just are.
As a child we acknowledge our own gifts and talents that others overlook. A natural innate self acceptance and humility.

So here now say to yourself that you release all need of approval, all need of acceptance by others, all the needs and projections of others that keep you small and stunt your growth. For as this child youre destined to grow learn expand play laugh sing dance commune with nature, be creative and expressive.
Claim back now that loyalty you had to your own self expression. That trust. That confidence
Release your body in play here. It's the south direction where you move your body in expression, releasing tensions . Rekindle that spirit of joy, of fun, of playfulness and help your body find balance through play . See yourself now building sandcastles and digging ditches with those red and blue spades . Playing with friends . Sharing your gifts .
See Friend Coyote bounding across the sands to play , just like the dogs you saw earlier on the beach, jumping through the small waves chasing balls. See yourself shriek in delight as he shakes his wet fur coat all over you. Coyote the trickster spirit is teaching you not to take life too seriously.
Embrace life here now, on these sands, in this meditation. See your little self running across the ridges of sand , splashing in the shallow warm water with Coyote. Marvel at the tiny fish swimming between your legs and look at the shells and stones shimmering under the sea. See your own reflection fractured by the small ripples on the water showing you the different aspects and facets of yourself. Coyote is showing you the illusion of who you are . All the sides we show to others. Now is the time to show your true brightness to the world. Your full authentic self . It's time to be the full brilliance of who you truly are.

Ask yourself now as that child if they have a message for you.

Ask Coyote Where am i not seeing the truth behind the illusion and chaos?
Do i have the right balance between work and play?

Ask the Grandfathers of the South where your body is out of balance, so you can bring it back into balance to enable you to see the truth in all things

Thank yourself as the child for showing you the value of play this time around the wheel. The next time there will be another lesson from the south.

Thank Coyote for tricking you out of the illusion

Wait for your responses and acknowledge them by thanking the Grandfathers of the South

The next direction on the medicine wheel we come to is the west. So now you turn to face the west direction and reach out those arms inviting in the Grandfathers of the West to bless your wheel in this direction . Be slow and deliberate. The sun is setting. Its the land of fire. Its touching the edge of the sand dunes above the beach . All is in perfect stillness before you enter the darkness of the Bear cave of the west . This is the womb of ideas, the sacred feminine energy where we look into the dark waters of introspection . Female energy is always ready to receive answers. This is the place of the sunset leading to the dark void and our dreamtime. It's where we are in our autumn of our life , with maturity , change and healing. Its also the direction of the medicine wheel. It's a place to enter the silence for answers, transformation , goals, integration, nurturing and solitude.

See yourself enter the stillness of that great void, the darkness as the sun sets before you. You're here to seek the answers from your own heart so now ask the grandfathers of the west to show you the answers inside yourself.

Ask them now to show you your own truth, your own feelings, how to listen and receive the answers. This is not about others views. Ask yourself now

Who am I surrounding myself with?

Am i having to justify and defend myself for living my own unique way or are they accepting and loving of that?

Am i allowing others views to cloud my own?

Acknowledge that by surrounding yourself with those who know and love you on the deepest level releases you from the need to prove yourself worthy .

Take a look at the cracks in your own personal boundaries where you are allowing others to battle you for control in your life or force their signature frequency on you.

Where are you allowing your energy to seep away to?

This is your place to let go of fear of the future and make your own plans. Ask yourself now

What am i not recognising that is diverting my attention from my own introspection, seeking my own answers and planning my own future?

How would my life change if i chose the path of the self?

What aren't i choosing that would free me from trying to live to others expectations of me rather than my own beliefs and trust in myself?

Ponder this deeply. Reread this meditation and record it so you can hear yourself asking your inner knowingness these questions. This introspection requires you use hindsight and foresight . Look back on your life, victories and lessons and how they help you cocreate your future.

The beach grows darker. There's no one here but you. Out of the dunes Great Bear is lumbering towards you. You are not afraid. You know Great Bear has come to share his wisdom. He's

come to bring you courage and help you release fear of the unknown . He stands majestically before the setting sun.

Ask Bear to show you your fears

Ask him to show you where you are not accepting uncertainty.

Ask him to help you find the courage to release the old patterning that's not serving you to make way for the fruition of your plans.

Bears are great berry eaters.

Ask him to show you how to taste all the fruits of your life and release all limitations you have put on yourself.

Letting go of others views and the limitations they put on you is one of the teachings of the west.

Releasing others imprinting on us. Ask Bear to show you how to flip the frequencies of others projections.

Bears are great healers

Ask Bear now if he has any herbs and healing rituals that would assist you at this time ?

Ask the Grandfathers to help you connect with all that is , all other life forms , that are within us , so you may look within.

You will return again to ask more questions and receive more gifts but for now

Thank Great Bear and the Grandfathers of the West

You now turn away from the west leaving the purple and orange streaks of the sunset as you turn north.

Stars have started to show themselves above you bringing in the magic of the other worlds

The North is the land of spirit, the land of our ancestors. Reach out with prayers of gratitude in this direction for all of Great Mystery and Great Spirits beautiful gifts

Here the ancestors will share their experiences with you in the form of wisdom.

Think about the land where you're standing now, its ancientness, the millions of years the rock , the shells , the stones, took to be broken down rolled tumbled smoothed into the exquisiteness of the sand molecules beneath your feet. Become a deep knower of the lands. A deep listener. A deep observer. For this is how shaman of old had access to other realms, windows to the past present and future and the recognition as time as a wheel not a linear event . This ancientness is the wisdom of the north direction. The Wisdom of the elders. Now is the moment you ask yourself where are you not listening to your most wise ancient self, your grandmother and grandfather aspect.

What words would they give you now?

What would your future self be saying to you?

Take a few moments to ponder this and wait for some answers.

Can you now, as you stand facing the north direction, that home of the ancestors, feel how much inner wisdom has been absorbed and integrated, how its fluidity is pulled through time and no time like a thread that weaves the very fabric of your being.

Ask yourself: Am i really present and listening to my own inner wisdom?
What wisdoms am i ignoring or overlooking in myself that I acknowledge in others?
Where am I not valuing my own experiences above others?

If you are denying your own unique lens and vision for that of another you are taking on their projections and allowing them in your sacred energy field. Their lack of self reflection and their need to blame and not take responsibility for their own lives can aid you into shifting your direction to find your true north. Its not them you need to change . It's your own perspective. Value that wisdom in your heart . Honour it and treasure it for it is your own sacred gift from the north. Handed down heart to heart from your ancestors.

You look into the growing dark across the sands . The Great White Buffalo is walking towards you . He will help you in establishing a deep connection with Mother Earth and Father Sky. They teach you about survival

Greet White Buffalo and ask

What challenges am I avoiding by continually stepping back into my comfort zone?

In what aspects am I not honouring my walk of life?

Where am I not honouring my feminine courage?

Ask Buffalo to show you how to have a free independent spirit

Thank White Buffalo for sharing his wisdom

Before you leave ask the ancestors , those white haired ones from the lands of the snow capped mountains, land of those who have come before, if there's any journeys and experiences you should be seeking at this time?

For the north is the land of water, frozen lakes that melt in the spring. The land of snow. Like the buffalo the water journeys many miles across the landscape. Ask if your inner landscape needs any reshaping. Wait for a response, it always comes.

Thank the Grandfathers of the North. You will return here again on another journey

The wind is picking up as you turn to face the final direction on your medicine wheel . In the fading light you see it like cat paws across the smooth surface of the incoming tide. The wind often accompanies the rising tide. Increasing the potency. High tides are times of great energy inflow. The wind is carrying the messages of your sojourn in the west. It's a soft westerly tonight. Stop awhile and feel it caress your hair , the sides of you face , your back , your body. Allow your body to be fully part of this experience. It's blowing you gently to towards the east.

You've asked many questions on this tour of the medicine wheel. Give yourself plenty of time when you record this meditation between the directions so you can hear, process, assimilate and integrate the answers that will flow to you. You can get clarity for these answers from the east direction and it is your birthright and legacy if you choose to cast aside doubting the responses that will come as Illumination, knowledge, understanding and inspiration. Show gratitude for the wisdom you're receiving.

Greet the East direction by once again extending your arms. This is in both honour, gratitude and being open to receive wisdom. Now call upon the condor and golden eagle, for they fly wing to wing with great spirit. And they have the birds eye view. The higher elevation view that will help you gain clarity and perspective and overall vision. They are the visionaries.

You peer into the darkness above the sea and catch a flicker of a white tail soaring above you. Eagle has come on the winds. He invites you to climb on his back to experience the freedom he feels. Release your hesitation and climb on. Feel the soft feathers yet the huge power. Eagle is here to teach you imagination like this. There is great freedom to be had through breakthroughs and new ideas that Eagle will bring you as you soar to new heights

The east is where we find the Golden Door where we can access other layers of awareness. Releasing doubt and finding courage is how we further our deepest knowing and expand life's teachings.

Ask eagle to fly you through the golden door so you may see beyond the everyday, the temporal, to beyond this reality. Eagle will help you move forward and let go of old programming and habit patterns that no longer work for you. Watch how the eagle has no fear or hesitation to take flight

Feel his strength, independence and his seeking energy. The east is our divine masculine nature, the counterpart to the west's feminine introspection.

He uses his talents and creativity to move forward with clarity not confusion.

Ask yourself now, as you feel touch and see eagles wisdom, how you can apply this to your own life?

Do you have the courage to heal old wounds and let go of anything toxic in your life?

What are you still holding on to that if you were to release and transmute it would propel you forward to where you'd really like to be?

What do you think you can't be without?

These are the habits that have formed patterns that hold you back from your true beingness.

Notice when you are on eagles back that as he flies you too share your talents with him. Your vision, your wisdom, your balance. The east teaches us both sharing and the true balance in energy exchange

Ask yourself where in your life is your energy exchange out of balance.

Are you over giving and not valuing your own talents?

Or do you take advantage of others and not value theirs?

All aspects of exchange in the physical have an unseen energy exchange value to them. The east teaches us to be clear in our values and to overcome confusion.

While you fly with eagle ask him to give you an overview. Ask him if there's anything he's seeing in your talents and creativity that you're not acknowledging at this time

Take time to assimilate eagles wisdom

Thank eagle as you climb off his back. Tell him you will return on your next journey around the wheel of your life path

Ask the grandfathers how you might heal negative thoughts , and finish old projects, and heal old wounds

Wait for a response and Thank the Grandfathers of the East

Our travel around the medicine wheel has been extensive and deep . If you're travelling the wheel consciously you are a wisdom seeker and keeper with a desire to emulate nature and preserve these ancients rights of passage.
Thank yourself for this gift you have given yourself today.

The incoming tide and wind is bringing cooling air . Releasing from you any last vestiges of the old you no longer relevant to your journey.

You will return here many times. Maybe to dance and play freely with Coyote on the sands in the South or to seek Bears wisdom in the dark cave of the West. Or to be given your gifts of heartspaced wisdom from the Great White Buffalo and ancestors of the North. Or to fly with and learn more from Eagle in the East . Have gratitude for your time here and for the wisdoms received and freely given

In a few hours the waves will wash gently over your wheel , your stones . Taking your messages and questions to other realms for safe keeping until you seek to further your deepest knowingness in another time space reality

Close the scared space you've opened . Thank the four winds and the four directions for sharing their insights with you. thank the stone people for being the guardians of your wheel.

Return across the disappearing sands , back to the evening lights of the little seaside town and know you walk between sea and land, shadow and light , dark and light , between the realms, as a peacekeeper and peacemaker . And as a Medicine Wheel Journeyer you are the Wisdomkeeper for you are learning the great lessons of your life that will serve you always.

Aho

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