



**GALACTIC SHAMANISM
ART OF THE ANCIENTS, KEY TO TOMORROW
OF EARTH
LESSON #1: THE MEDICINE WHEEL:
PERSONAL EMPOWERMENT THROUGH EARTH CONNECTION**

STUDENT HANDOUT

Supply List:

- 1) A journal and pen
- 2) A compass

It's necessary to align with the magnetic north of the earth, rather than stellar north, so use a magnetic compass, not a cell phone.

- 3) A rattle

It can be as fancy as a ceremonial rattle, or as simple as an egg shaker, that can be purchased at any musical store.

- 4) Sage

Either a smudge stick, or loose California White Sage, and a fireproof container to burn it in.

5) Fire (a lighter or kitchen matches)

6) Directional stones

One for each of the four directions. The stones can be collected from the area you have chosen to build the Medicine wheel, or imported.

7) Candle or Center Stone

If you are outdoors, but in an area with fire danger, a central stone is the best choice.

In the absence of a candle or fire, you will need at least five stones, one for each cardinal direction, and one for center.

They can all be plain, or you can choose to match the colors of the directions.

Yellow in the East

Red in the South

Black in the West

White in the North

Smudge all the articles before use.

Prayers for Calling in the Directions:

Start in the East, and work clockwise to South, West, and North, shaking your rattle, and invoking each direction with the prayers below.

The purpose of the rattle, is to help us enter an altered state of consciousness, enabling us to connect with the quantum level.

Prayer to the East:

Facing the east, shake your rattle and call:

Spirit of the East, please join me, sister. Land of dawn, springtime, innocence, childhood, of the element earth and budding things.

Please fill me with your gifts and powers that I may bring them into the world, through this work, through the will of the Great Spirit, to best serve all concerned.

Spirit of the East, please join me.

Prayer to the South:

Facing the south, shake your rattle and call:

Spirit of the South, please join me, brother. Land of midday, ever-light, summer, adulthood, passion, co-creation of the element fire and growing things.

Please fill me with your gifts and powers that I may bring them into the world, through this work, through the will of the Great Spirit, to best serve all concerned.

Spirit of the South, please join me.

Prayer to the West:

Facing the west, shake your rattle and call:

Spirit of the West, please join me, sister. Land of sunset, fall, midlife, discernment, inward turning of the element water and harvest.

Please fill me with your gifts and powers that I may bring them into the world, through this work, through the will of the Great Spirit, to best serve all concerned.

Spirit of the West, please join me.

Prayer to the North:

Facing the north, shake your rattle and call:

Spirit of the North, please join me, brother. Land of darkness, winter, the ancestors and elders of wisdom and gratitude of the element air and transmutation.

Please fill me with your gifts and powers that I may bring them into the world, through this work, through the will of the Great Spirit, to best serve all concerned.

Spirit of the North, please join me.

Once you have called in the cardinal directions, move to stand in the center of the medicine wheel, or in the case of a small wheel, direct your intention to the center.

Again shaking your rattle, call in the three aspects of center:

Prayer to the Earth:

Looking downward, shake your rattle and call:

Spirit of the Earth, please join me, blessed lady, mother of my body, planet of my birth, Gaia, land of nurturance and the feminine.

Please fill me with your gifts and powers that I may bring them into the world, through this work, through the will of the Great Spirit, to best serve all concerned.

Spirit of the Earth, please join me.

Prayer to the Sky:

Looking to the sky, shake your rattle and call:

Spirit of the Sky, please join me. Land of the Star Nations, father of all living things, source of guidance.

Please fill me with your gifts and powers that I may bring them into the world, through this work, through the will of the Great Spirit, to best serve all concerned.

Spirit of the Sky, please join me.

Prayer to the Heart:

Place your hand over your heart, shake your rattle and call:

Spirit of heart, please join me. Land of unity, unconditional love, neutrality and balance.

Please fill me with your gifts and powers that I may bring them into the world, through this work, through the will of the Great Spirit, to best serve all concerned.

Spirit of heart, please join me.

Light Candle or Fire:

At this point, if you have used a candle or fire for the center, light it. If you have used a center stone, simply direct your attention to it.

State "It has begun."

Prayer of Gratitude and Release:

When you have completed your ceremony and are ready to close the medicine wheel, connect and really speak to the world around you:

Speaking to the wheel and all the spirits represented there, state:

Spirits, I thank you for your surrounds, your protection, your enfoldment and your guidance, and I now release you.

Those of you that wish to stay and further protect and guide me, are much welcome and greatly appreciated.

If you are using a candle, blow it out. In the case of a fire, be sure to douse it with plenty of water, and assure there are no live embers left.

State "It is ended."

The Five Laws of Ethical Shamanic Practice are:

- 1) Shamanism works within natural law.
 - 2) Shamanism is not practiced without permission.
 - 3) Shamanism does not impose energy, where it does not belong.
 - 4) Shamanism does not take energy away, from where it does belong.
 - 5) Shamanism does no harm.
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Test for Certificate of Completion

Now that you have taken the first class in the Galactic Shamanism Series, you can choose to take the test for completion and send the filled out word doc to touchin@findyourpathhome.com. Once a passing grade has been determined by a Path Home Certified Shamanic Instructor, you will be sent a certificate of completion for Class 1: The Medicine Wheel.

Further Studies

I sincerely hope you greatly benefit from these teachings, and that they support you and your loved ones during these times of rapid change.

The *Galactic Shamanism: Art of the Ancients, Key to tomorrow: Of Earth* series has six lessons.

The information builds upon itself, so it is important to take them in order.

OF EARTH

Class 1: The Medicine Wheel

Class 2: Lower World Shamanic Journey

Class 3: Sanctuary: Creating Sacred Space

Class 4: Power Animals: The Shamanic Art of Shape Shifting

Class 5: Elementals & Faery Folk

Class 6: Omenology

To be followed by:

Galactic Shamanism: Art of the Ancients, Key to tomorrow:

OF STARS

Lesson 7: Upper World Shamanic Journey

Lesson 8: Spirit Guides and Angels: Connecting with Your Higher Self & Galactic Beings

Lesson 9: Life Purpose

Lesson 10: The Art of Shamanic Ceremony

Lesson 11: The Dance of Shamanic Power (Chakras and Cauldrons of the Soul)

Lesson 12: Manifestation

We will continue to produce and offer more classes in these series.

In addition, we will be offering a children's series of classes: *Children of Tomorrow: Galactic Gate Keepers*.

More classes will continually become available on www.findyourpathhome.com,

so visit us often!