

*Source Light Priestess*



*Module 11*

*With  
Kathy Forest*



# Module 1 1

Introduction to the StarMaiden Medicine Wheel Teachings.



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Connect,  
Call in Sacred  
Space,  
Call on Priestess  
Oversoul,  
Open to Receive



YOUR  
CREATION  
VESSEL

OPEN TO  
RECEIVE

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## *The Medicine Wheel...*

Our ancestors knew that there was much wisdom in connecting with the energies that Source our planet. These basic energies are known to us as the Elements: Earth, Water, Air, Fire, and Ether (or Spirit). They knew that everything on this planet, including us, is made and resonates with some form of all of these elements. They also knew that, in order to stay in balance within their physical bodies, as well as keeping balance in the planet, it was, and still is important to resonate with and access information from these elemental energies.

Because of the cyclical nature of how we experience these energies, it only makes sense that we access their energy in a circle or wheel.



Historically, the energy or basic essence of anything was known as its *“medicine.”*

Hence this configuration is commonly known as a Medicine Wheel. Each of the larger stones represent one of the basic five elements. The smaller ones represent steps on the path to enlightenment by each of the elemental forces.

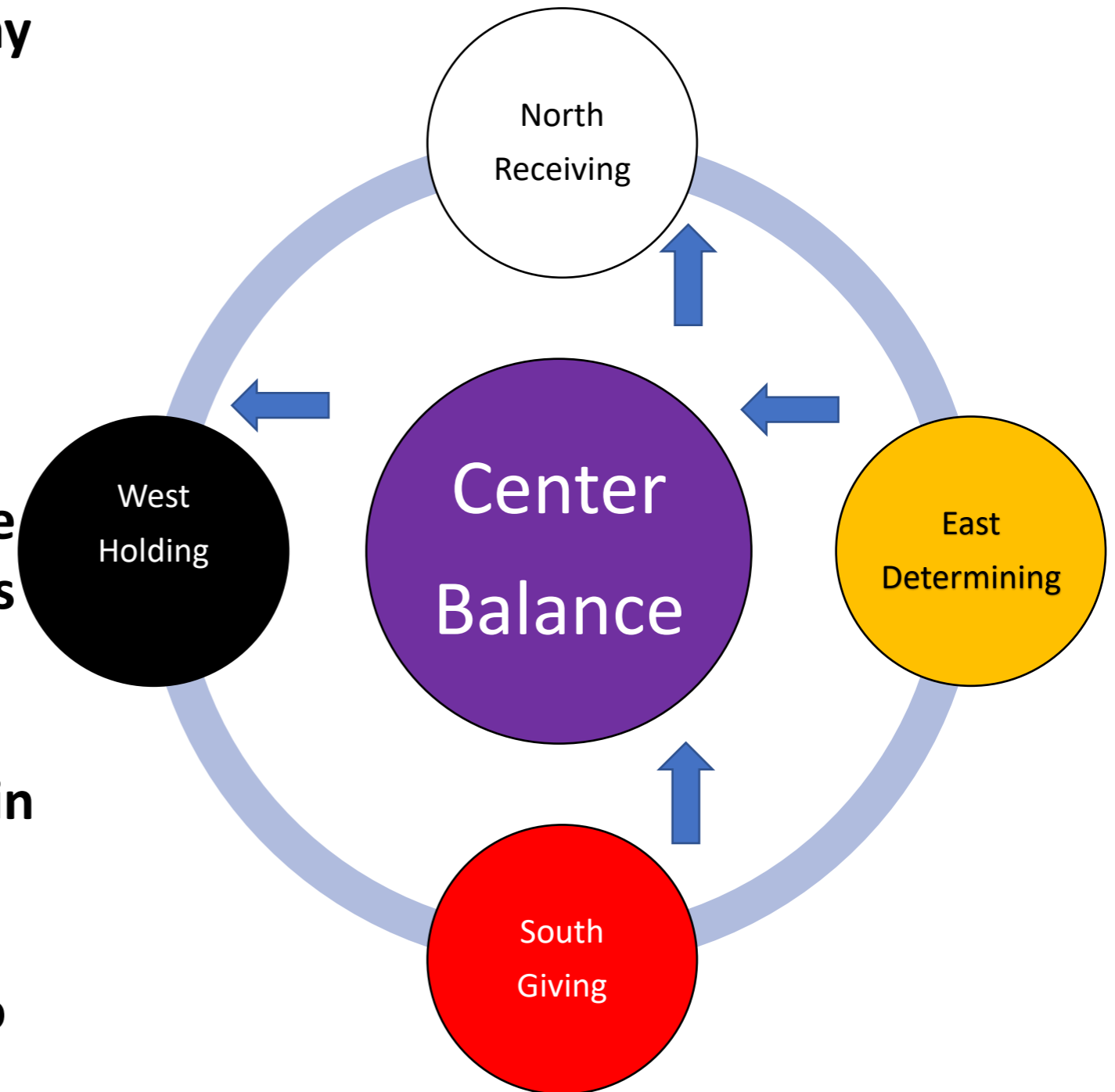
This pattern became a very powerful alchemical tool to harness vibrational information because of the nature of containment within the circle.

Thus this pattern is scene in various configurations throughout most spiritual traditions.



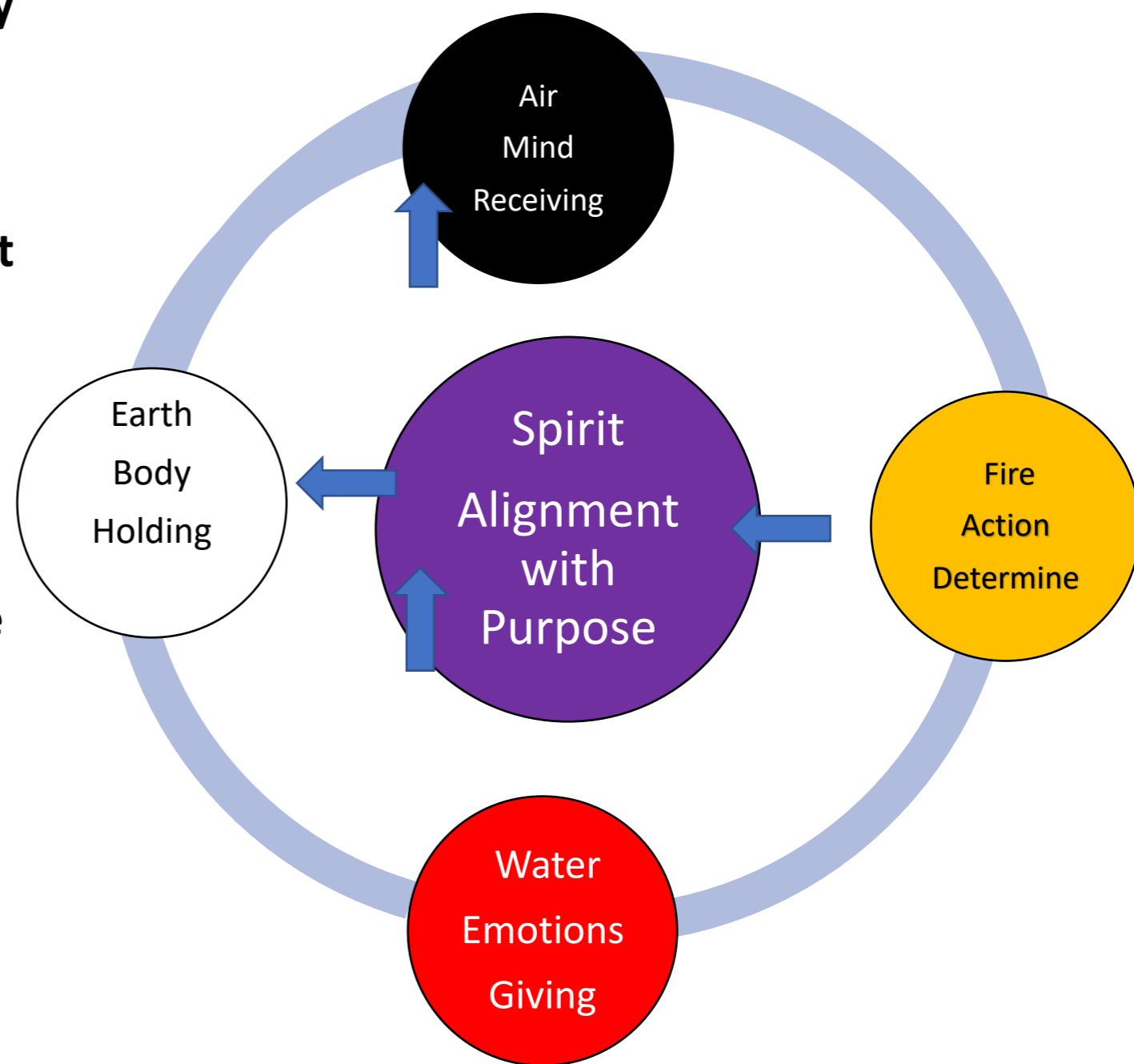
## Medicine Wheel Basics

The Medicine Wheel has become many things to many people. One of its powerful uses is that of a receiver or amplifier of spiritual information. Think of it as the “hard drive” in a computer, or the basic structure that the elemental forces flow into. You will notice that on this template, there are five directional positions as well as a description of how energy works or flows in that particular direction. Another way to understand it is that, in a wheel, not only does energy flow around it, in a circle, holding it together, it also flows from the East to the West, just like the Sun appears to move across our sky, and South to North, just as plants grow from the ground up.



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.



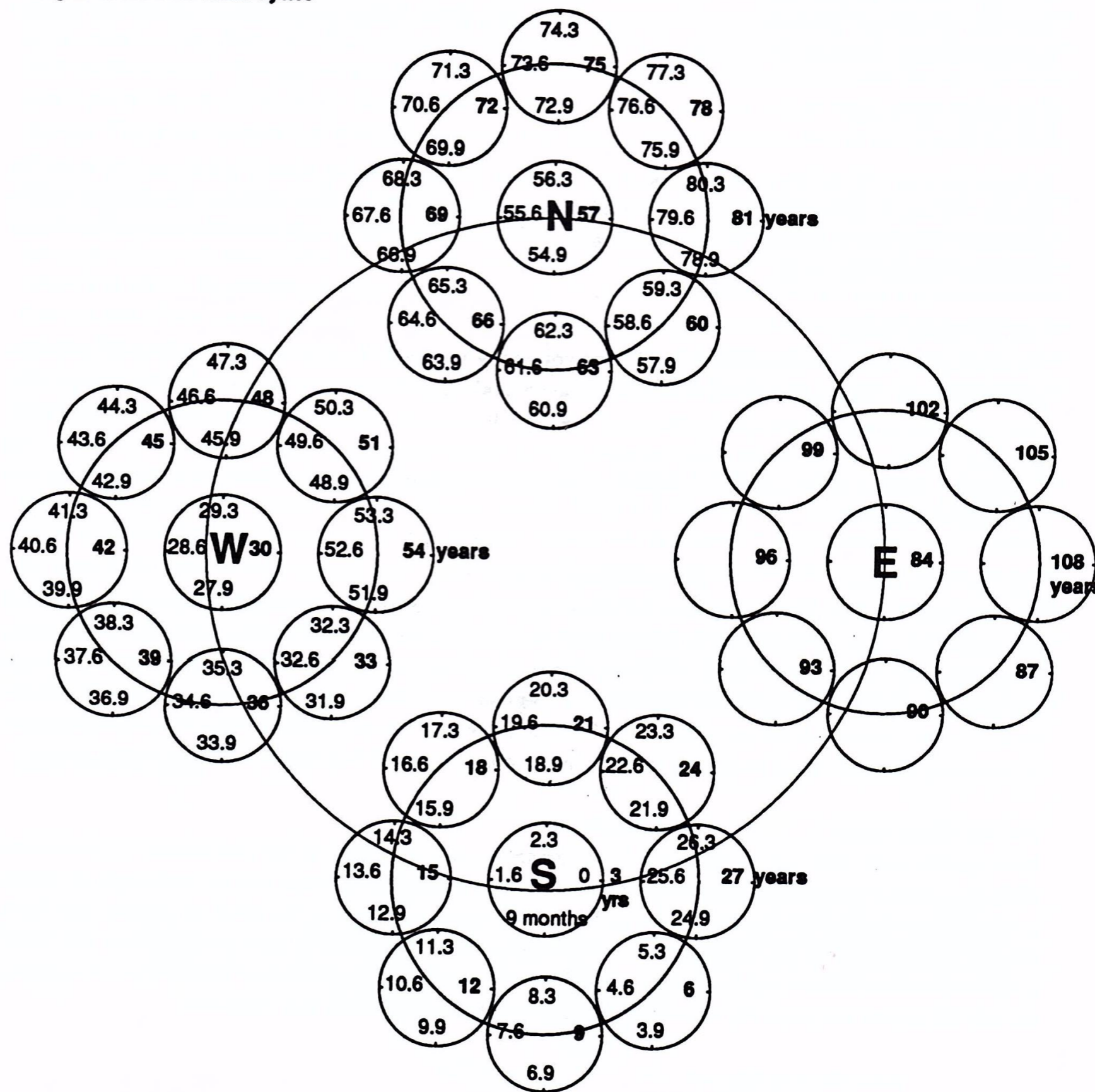


Once we are grown, and have learned how to manage our lives, we may want to use the wheel to create something. This is what I call the Creation Template. You will notice that in this particular configuration, we are giving with our emotions and determining with our actions, but we are holding (our desired outcomes and intentions) with our mind, and receiving in the physical earth plane – physical manifestation. This is the way the astrological signs and influences of the planets impinge upon the Earth. Thus, it is the way Spirit creates. As we continue on in our Alchemical Studies, this is the configuration we will use, because we are learning how to co-create with Spirit. But in order for us to use our creation power wisely, we need to have our Divine Human Template in place. If we don't we will bump up against "our stuff" again and again as we try to create.



Another way to use the wheel is like a calendar. When you understand that your life runs in a circle and repeats itself over and over, you can begin to make sense of what is happening in your world, and begin to dance your wheel with intention, instead of it dancing you. Learning how to navigate our lives with the wheel can take a lifetime and there is not enough time in Priestess to go into it deeply. But learning to use the great moon cycles to navigate your world, can greatly assist you as you move forward. Just knowing a little wheel mechanics will greatly assist you as we move into the broader alchemical teachings of Priestess. If you are interested in learning more about these teachings, I teach this in Extraordinary Soul and at the Campouts. This is a diagram of the Four Moon Cycles of our Life which we will learn today.

Figure 3: The Four Moon Cycles

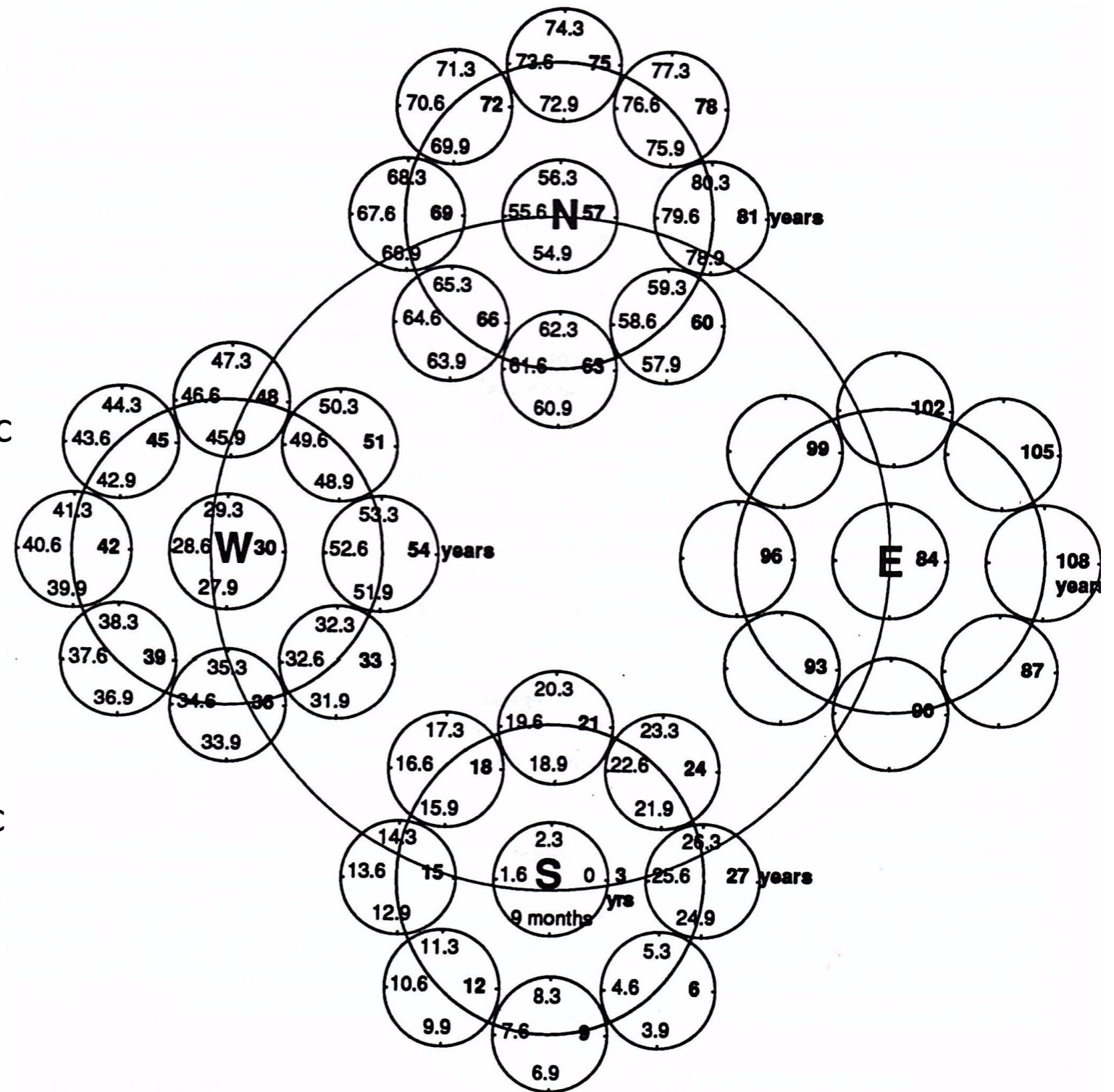




The Moon Cycles is a very beautiful system that precisely describes the cycles of the cosmic influences that impinge upon your life, from birth onward. By having conscious awareness of which aspect is present at a given time, we can utilize the energies of this aspect to gain deeper insights about ourselves and further our growth. Not only that, seeing our lives in this way helps us understand the cyclical nature of life on this planet, and how to use that to our advantage. When we realize that our whole life is choreographed, we can begin to plan our dance steps with grace and elegance.

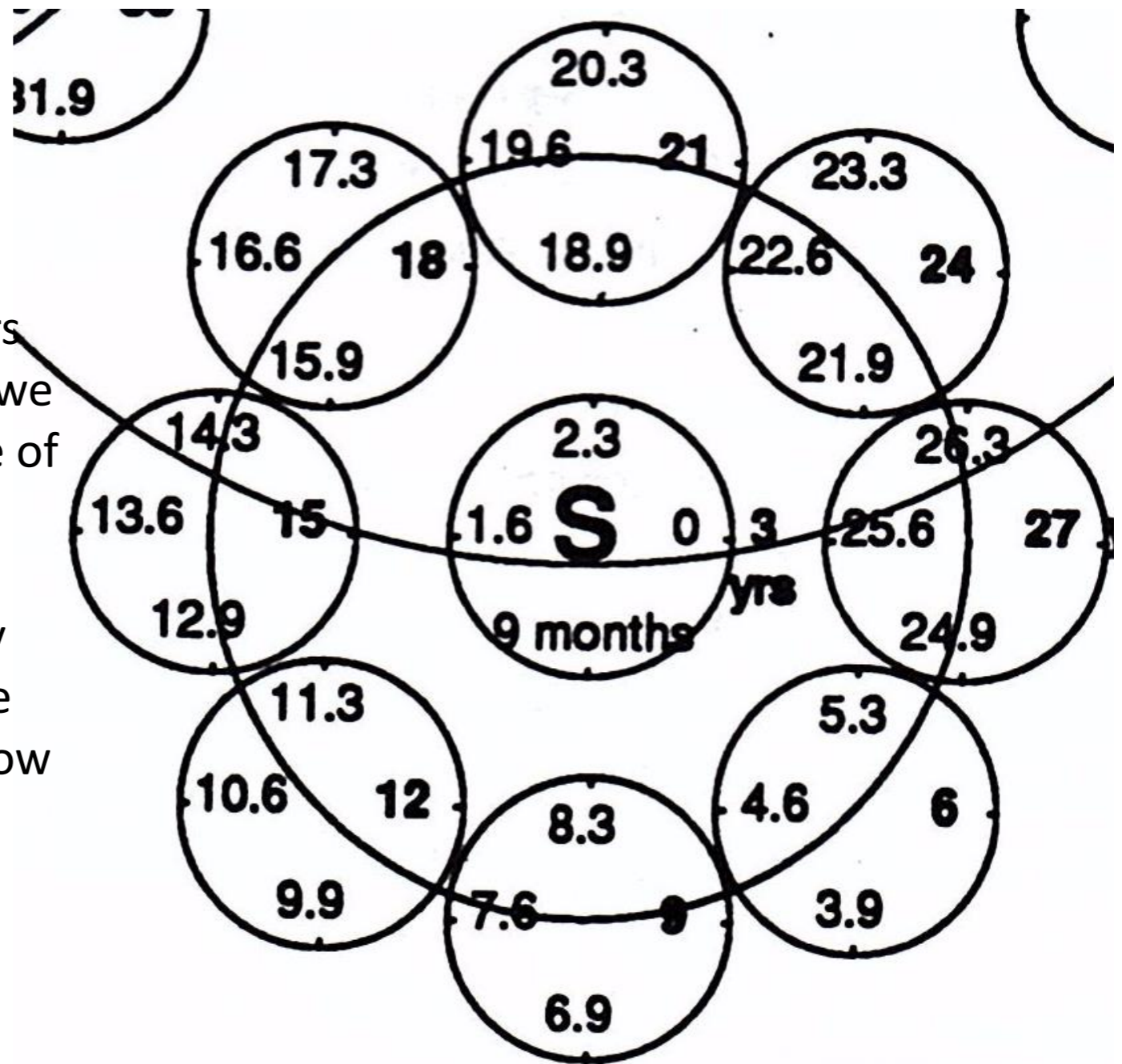
# Wheel Mechanics:

- Every three years we complete one walk around the wheel called a Circle of Life Experience.
- Each Circle of Life Experience is entered through the south and 3 years later exited through the East.
- As we leave each Circle we experience 9 months of what is called a “Little Chaotic Journey.” During this time we, get to review that period of growth and look forward to what we are moving toward next.
- When we move from one Big Moon to the next we experience a “Great Chaotic Journey.”
- Both of these journeys are important because they hold opportunities for great change. We may see ourselves creating situations in our lives designed to confront, test or push us back to our true path.



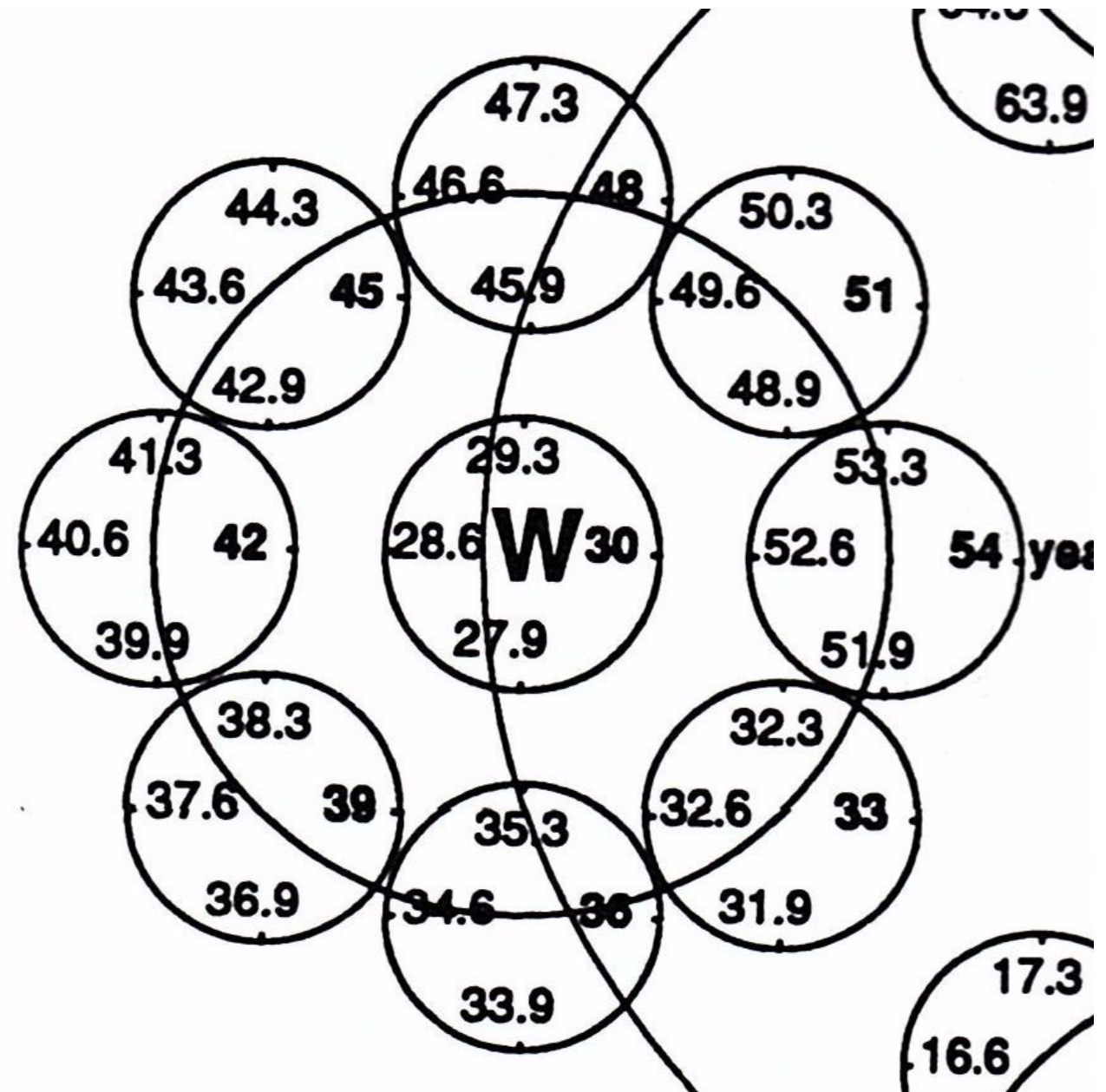
## The Big South Moon – Child Moon

- The first 27 years are spent developing your story. During this time we sculpt our personality and choose our ways to entertain ourselves and others.
- This Moon teaches about learning Trust...trusting of and for ourselves, others and life itself. If we are in alignment and we develop this trust, we move into the state of beauty called innocence.
- Any place we choose not to trust, we may avoid life and our lessons, we can become stuck in myths and illusion. These can show up as anger, blame and judgment.
- If we do not move through these, we will find ourselves working to learn the same lessons at the same place on the next wheel. In other words, we are given continual opportunities to learn to trust life.



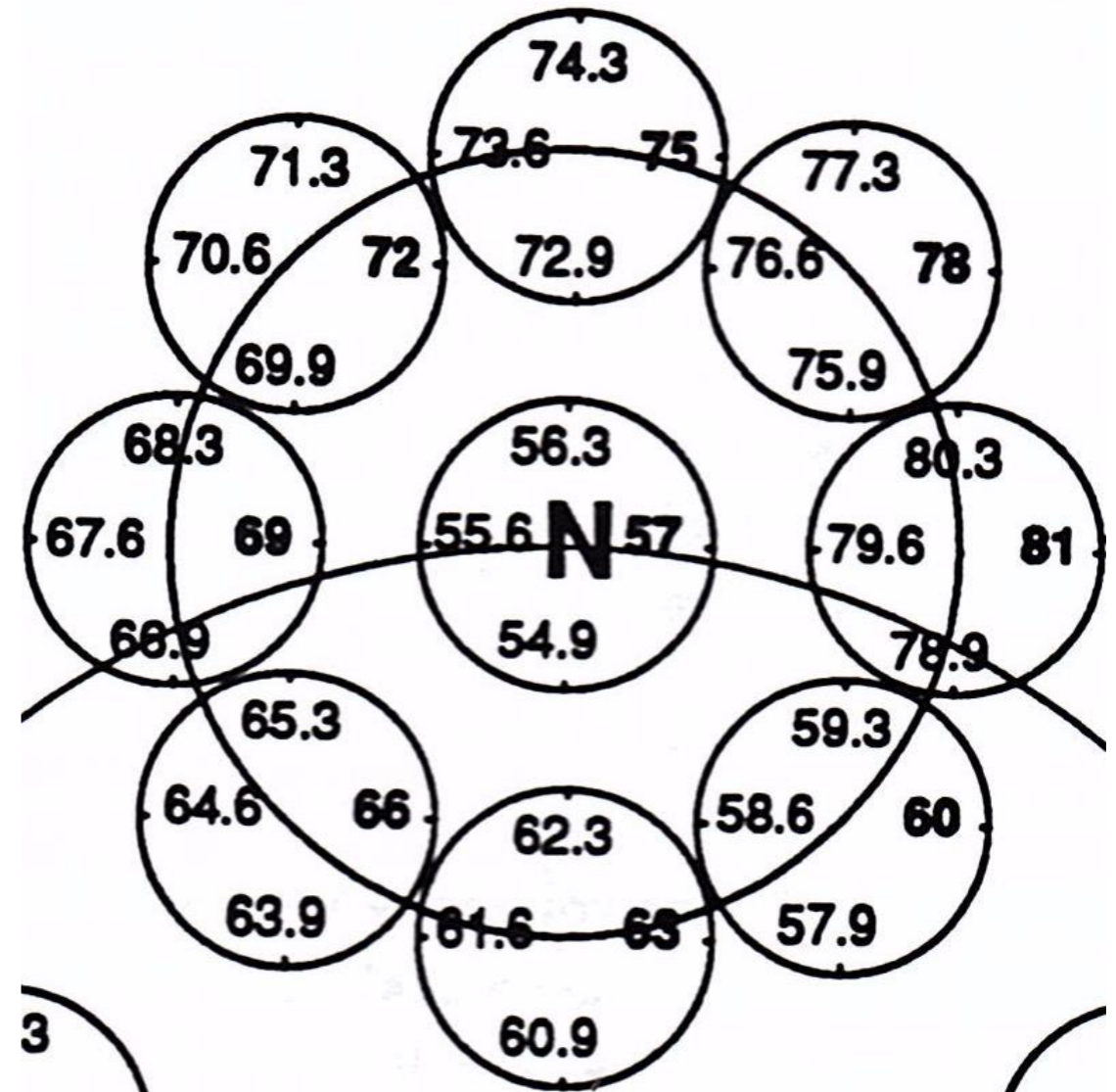
## The Big West Moon – Adolescent Moon

- The next 27 years is the time for either actualizing our dream or relinquishing our power to the preferences of others.
- It teaches us of the constant movement within life.
- If we are in alignment we can choose to develop our power of true introspection and learn to apply our intuition as we move through our life's journey.
- Otherwise, we may never meet and know that true power that may be found within. We may blame others for our lack of success. We stay at the effect of ourselves, life and others becoming trapped in our non-actualized Daydream pain and blame game.



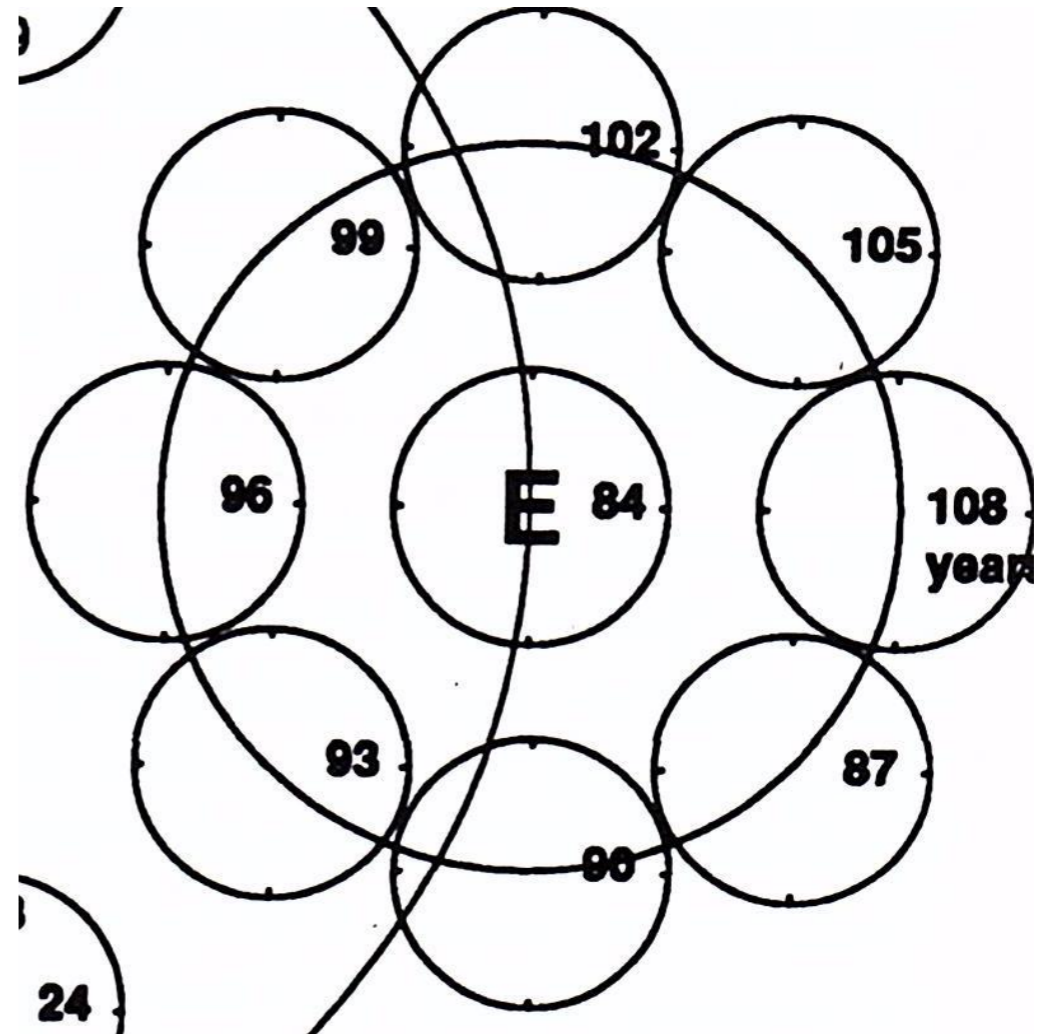
## The Big North Moon – Adult Moon

- From age 54.9-81, you bear the fruit of the changes and growth you made in the West Moon.
- You will either achieve a sense of harmony and wisdom or become brittle with belief systems that are held rigid no matter how hard the winds of change blow.
- This Moon teaches about the power of the mind, of wisdom and logic. We can choose freedom by accepting all knowledge as valid by adopting open philosophies and belief systems.
- Or we can remain rigid and stagnant within our minds by staying closed to “other ways.” In so doing, we lose the power and even the connection to the mind, becoming senile and child-like.



## The Big East Moon – Elder Moon

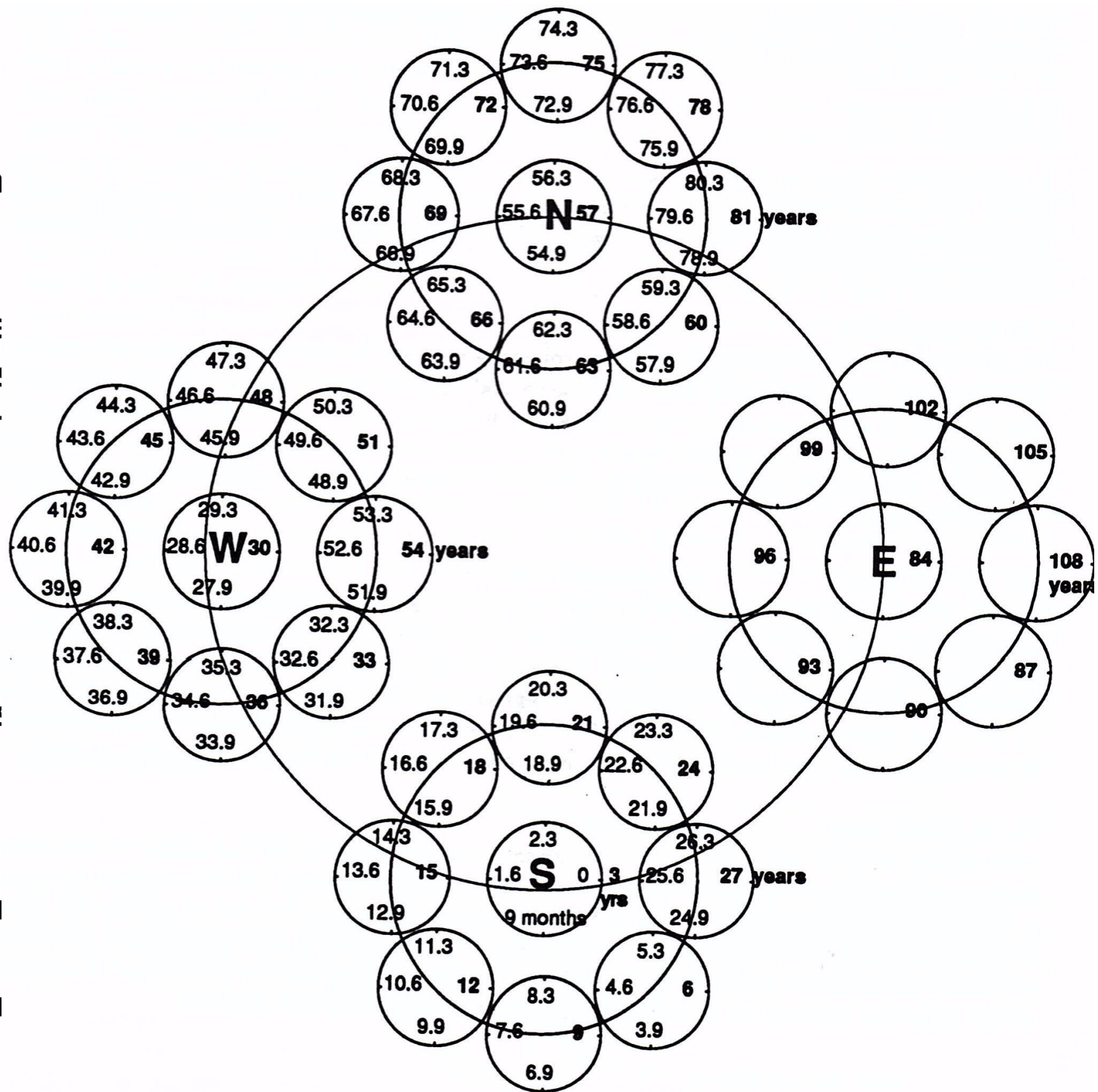
- You will notice that the calculations of the exit dates were not included for this Moon. That is because so few people actually make it into this Moon cycle.
- This is a loud statement about our collective imbalance, for this is the Moon wherein you would naturally learn from illumination and enlightenment.
- This is the Moon wherein we prepare our journey back to the Great Light. At this point we either become a balanced elder or move toward senility and stay in our illusion circle.
- It has been said that death prior to this point is actually an abortion of life.





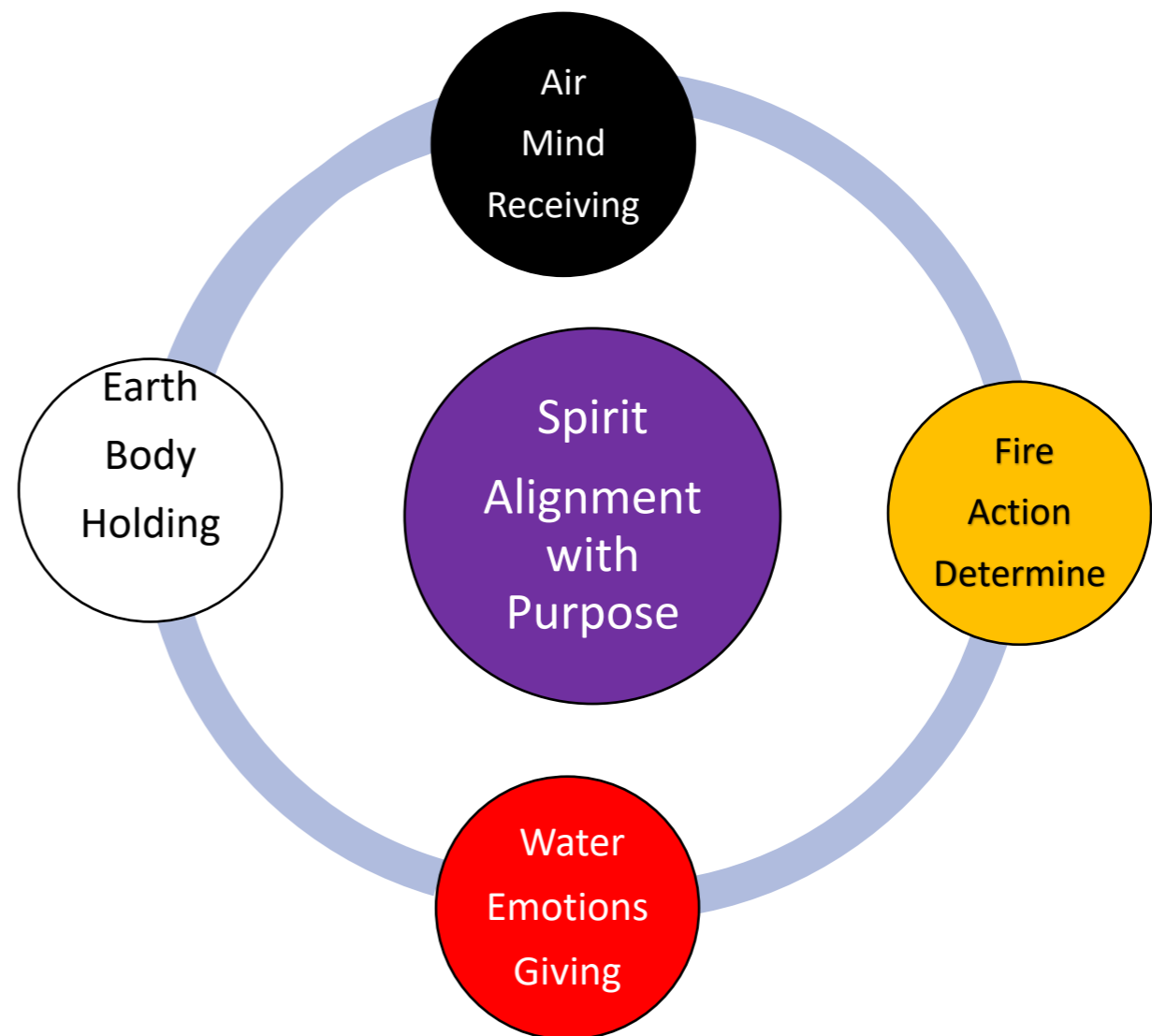
## How to use this information

1. Notice what place you are dancing now.
2. Notice what position it corresponds to with regard to the elements. What elemental forces are influencing you the most right now?
3. If you are on the West wheel or above, notice what place it corresponds to on the other wheels. Ask yourself, what was I working through, what big events were happening for me at that time on the other wheels? How does it correspond to right now? What lessons am I still working on?
4. Where am I standing in blame, instead of trust? Where am I being rigid? Where am I not moving forward?



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?



Continue to  
Activate and  
Integrate



Gratitude  
&  
Closure

Ground

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Contribute to Your Tracking Sheet

