

Letter of Intention 2<sup>nd</sup> worksheet 2008

Hi My Friend!

It is time for our next celerity of intention assignment.

Before we begin with the next assignment, I want to talk about one of the indigenous traditions that I have used for a couple of decades as a tool for celerity The Native American Medicine Wheel. The medicine wheel appears to be a tool that has been used around the planet for centuries. While it is interpreted in different ways depending on the tradition, it is an ancient archetypal tool. I have included a very interesting website that has a detailed map of the medicine wheel and it's meanings as interpreted by the Ojibway people. I invite you to sign on and explore the meanings of the directions. <http://www.geocities.com/RainForest/Canopy/1835/wheel.html>

In the Ojibway interpretation, we begin in the Direction of the North. **The North is the direction of Spirit.** It is the direction of our ancestors. It represents our relationship with "Great Spirit" or the Divine. It is our relationship with our spiritual self and our spiritual nature.

We are all in the great opportunity of spiritual evolution. Right now we are being asked to look into our selves and find anything that is in the way of our own enlightenment. Everyday we are being shown what we carry in the backpack of our thoughts, emotions and physical world. Many of the things we carry in that backpack are to heavy to allow evolution to take place. So, we get to explore. When we discover that which is to heavy, we have the opportunity to choose. Do you want to continue to carry something that impedes your evolution? Or will you be willing to let go, to surrender that which is to heavy? Sounds like and easy choice doesn't it? Well, lets do some exploring and see. Just remember, it can be as easy as you make it.

**East is the Direction of Illumination.** It is the direction of Seeing from a Higher perspective. It is the direction that represents our thoughts. The Eagle is the animal that represents the direction of the East. Imagine that you are the Eagle. Imagine that you can fly high above your life. Imagine that you can witness from a higher perspective, what is happening in your experience. Imagine that you can see beyond this moment. Imagine that you can see the highest possible potential of any experience you are in. Take a moment to release all judgment and replace that judgment with acceptance and compassion. I ask you to do this because our three dimensional judgment is to heavy to take into our spiritual evolutionary process. Three dimensional judgment is based on opinion. It is not an accurate assessment of any person or situation. It is based on personal opinion of who is right and who is wrong. Of what we perceive as good and bad. It is a heavy process because it take to much of our spiritual juice to debate. Acceptance is what we shift to. Acceptance is simply taking a look at "What Is." Example: It snowed today! It isn't good snow or bad snow. It simply snowed today. Now, let your mind go into the debate of Good Snow vs. Bad Snow. Ill help you just a tad with some examples of Good vs. Bad debate. " Well, it's good snow because we need the water." Right? Or, " Its bad now because there were car accidents resulting in the snowfall and some people lost there lives." Or, " I had to shovel the snow and got a bad back because of it! Bad Snow!" Just play with the debate for a minute and see how much energy you can put into the Good vs. Bad debate. Really let yourself feel the tension you can create around something as benign as snow. Imagine the kind of energy you can put into something a little closer, like, relationship issues or anything that has the ability to push your fear button.

**South is the direction of our emotions, and our feelings.** Interesting that the animal that represents the is the Coyote. This is the animal that holds divine humor. It is the trickster. I think this is appropriate because, my friend, what you think is the indicator of how you feel. How you feel emotionally and eventually how you feel physically.

**West is the direction of Introspection.** This direction represents our physical world. The Animal that represents this direction is the Bear. The bear goes into hibernation to renew and regenerate. The bear gives birth during this hibernation. I believe we are all in need of some deep introspection as we enter this paradigm of Spiritual evolution. Let me lighten that up just a bit. Deep introspection is similar to cleaning the closets in your house. Maybe looking under the bed or finding where that smell is coming from. And, in short getting rid of what no longer serves you and that which is making your life experience uncomfortable. It is also action. If you want to change your life you will always be asked to shift behaviors.