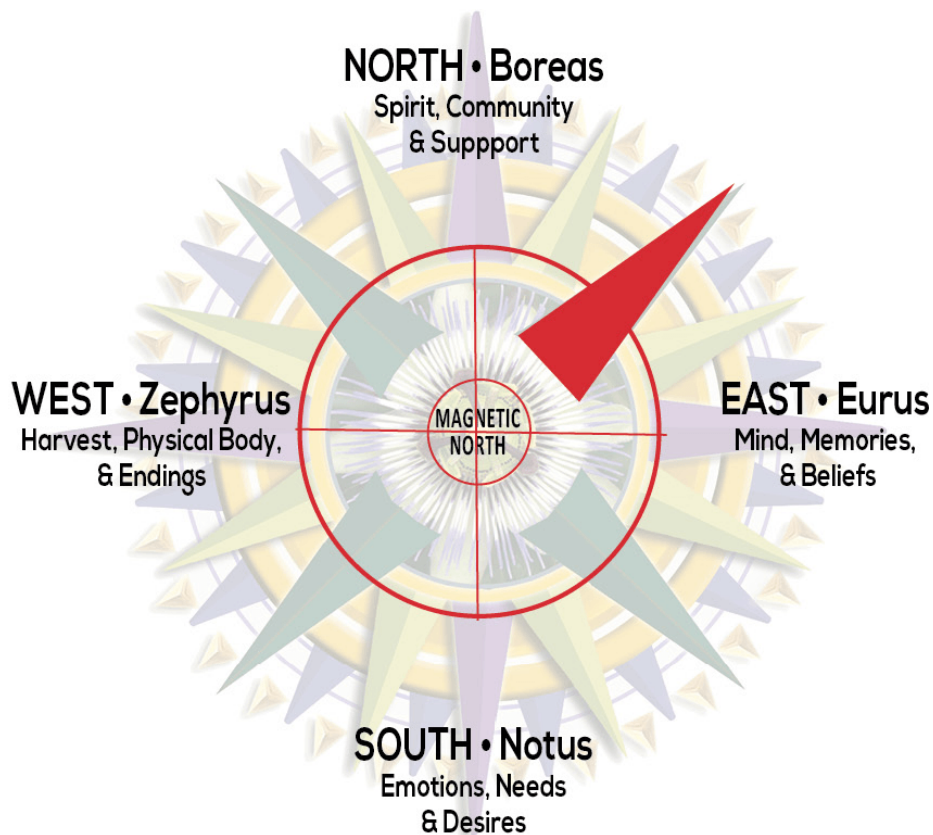


# WIND WORK BASICS

## FINDING YOUR NEW ANCHOR POINT

### WORK SHEET



## FIND YOUR CURRENT COORDINATES

### The following 3 step process will help you

1. Determine your current coordinates, identify the prevailing cardinal wind, and properly calibrate your inner awakening compass.
2. Find the Resistance in your body
3. Create an additional spot in Nature to Anchor Yourself

### STEP ONE:

## INVOKE THE CARDINAL WIND & FIND YOUR CURRENT COORDINATES

### Boreas, Notus, Zephyrus, & Eurus

- Start by calling up the cardinal winds, which are the gods that oversee the four quadrants (territories) of the map.
- Use the invocation below, or create your own once you become familiar with the energetic themes of each cardinal territory.

*The reason for calling upon these gods is to inform them and you that you are moving into a place outside of time and space known to shamans as sacred time. This heightened state of clarity and balance allows you to safely navigate through life with joy and confidence.*

### Anchor Yourself in Mother Earth:

- Stand with your feet spread apart, about shoulder width, with knees slightly bent.
- Close your eyes.

### Wind Breath

- Find step-by-step instructions in Chapter 10.
- Close your eyes and establish a steady rhythm with your breath.
- Allow yourself to pull in the energy from the wind on your in-breath, and
- Release the same energy to the heavens on the out-breath.

*When you are calm, you are in your center point, a place where everything exists as a sacred potentiality.*



## Finding Your Cardinal Wind

- Set your mind free to imagine yourself standing in your favorite spot in nature.
- With your eyes closed, observe your surroundings, inhale the aromas, feel the sensations, and listen carefully.
- Imagine there is a path before you, and as you walk up this path, take note of which direction you are heading—is it east, south, west, or north?
- You might actually see a signpost in your mind's eye; still other clues can be the position of the sun, the moon, a body of water, or a mountain. If you are uncertain, ask, "Which way am I heading?"
- Once you start moving in a specific direction, open your eyes. Do not second-guess your choice. Trust your inner compass. There are no wrong answers, and all is well.

*This technique is useful for pinpointing the exact location of a single issue in your life.*

- Write Down the Current Cardinal Direction: \_\_\_\_\_
- Ask of the Direction You Were Heading
 

East:	What do you Believe?
South	How do you Feel?
West:	What Action are you Taking? Move Forward to Fall: What did you Grow, What are you Harvesting?
North:	What is your New Vision for Community
- What New Threshold have you crossed?

**Anchor this point into a local organic landmark such as a Tree, Rock, Mountain**



**STEP TWO:****FIND THE RESISTANCE IN YOUR BODY**

- Look inside and ask where is the Resistance
- How am I benefitting? What am I learning from this?
- What is the Belief I hold onto?

**CALL UPON THE CARDINAL WIND YOU WERE FACING TO CLEAR**

**STEP THREE:****ANCHORING A NEW POINT**

- Face the Cardinal Direction you discovered in Step One
- Then using your rattle, drum or whistle, slowly turn clockwise a 360 degree rotation.
- Notice if there is a point as you turn that calls to you
- When you are back facing your starting point Breathe in the Cardinal Wind and then turn to face the new point
- Anchor this point into a local organic landmark such as a Tree, Rock, Mountain.
- For Fun: take out your compass to mark these 2 coordinate points. (mine were 210 degrees and 120 degrees)

**Now you are aligned to the Earth, The Cardinal Direction & this New Additional point on the earth.**

**Mark this on your worksheet**



MARK YOUR TWO COORDINATES HERE

