



Module One
Wind Work Basics 1



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The Practical Shaman



Opening Wind Breath Exercise

Winds of Spirit
Renee Baribeau



RENEE

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THE PRACTICAL SHAMAN

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“The Story of Wind Work.”

Winds of Spirit
Renee Baribeau



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INTRODUCTION

Getting Acquainted with
Wind Work®

You will need:

A copy of Winds of Spirit
A Wind Whistle(optional)
Wind Spirit Cards
Willingness

In this Class we will review:

Class Outline

Vocabulary Words

Experiential Process

Cardinal Winds

NORTH—BOREAS

SPIRIT, COMMUNITY & SUPPORT

Class Four

WEST—ZEPHYRUS

HARVEST, PHYSICAL ENDINGS
& DEATH

Class Three

EAST—EURUS

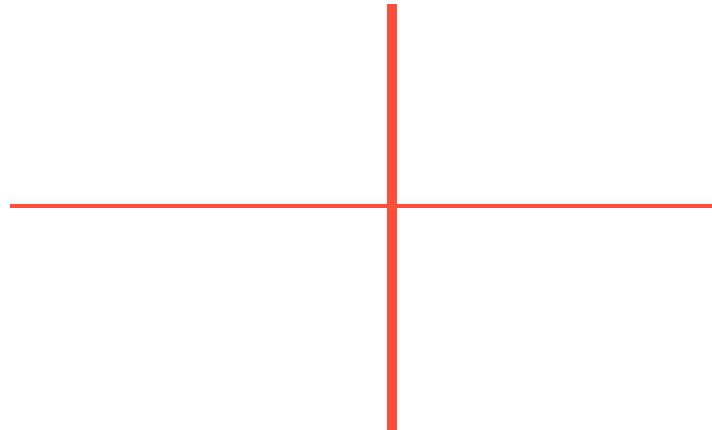
MIND, MEMORIES, & BELIEFS

Class One

SOUTH—NOTUS

EMOTIONS, NEEDS, & DESIRES

Class Two





Class Overview

Week One

Eurus

Mind, Memory & Belief

Week One is about the Mental Constructs.

Experiential: Full Moon Wind Wash.

Invite the Wind Spirits to help you prayer.

You will use the faculty of your Mind to answer the questions, one Cardinal Direction at a time with a Wind Walk in between.



Class Overview

Week Two

Notus

Emotions, Needs, & Desires

We will work with our Feelings, Needs, and Desires

Altar and Prayer Work.

Daily Wind Walk.



Class Overview

Week Three

Zephyrus

Harvest, Physical Body & Endings

Resistance as measured by our Body

Your Experiential Assignment is about Taking Action



Class Overview

Week Four

Boreas

Spirit, Community, & Support

How to Live a Wind Inspired Life.

Learn to Whistle a Wind.

Name Your Whistle.

Identify Your Current Coordinates.

Discover Your Wind Ally.

Wind Breath

We are Nature.
That is Everything.

You are given independent life with
Your first wind breath.

Your Spirit leaves upon a Wind as you
Transition from your Body back to Spirit.



Wind Walk

Mindful Oracle

Go Outside

Ask the Wind a Question

Walk and Observe the Signs



Wind Bath

Clean Your
Energy Field

Go Outside in the
Wind

Meet a Tree

Clear Your Energy
Field

Unwind

Rewind





Altar

A Place to Add
Daily Prayers

To Build Powerful
Relationships
with Spirit

Build an Outdoor

Altar to the Wind



Wind Whistling

Ancient Art to call Spirit

With Intention, When You Call
They will Come



Wind Spirit Cards

34 Cards

4 Cardinal Cards

28 Regional Wind Gods/Goddesses

2 Doldrums

Wind Knots

Lapp Sailors

Tying Powerful Knots

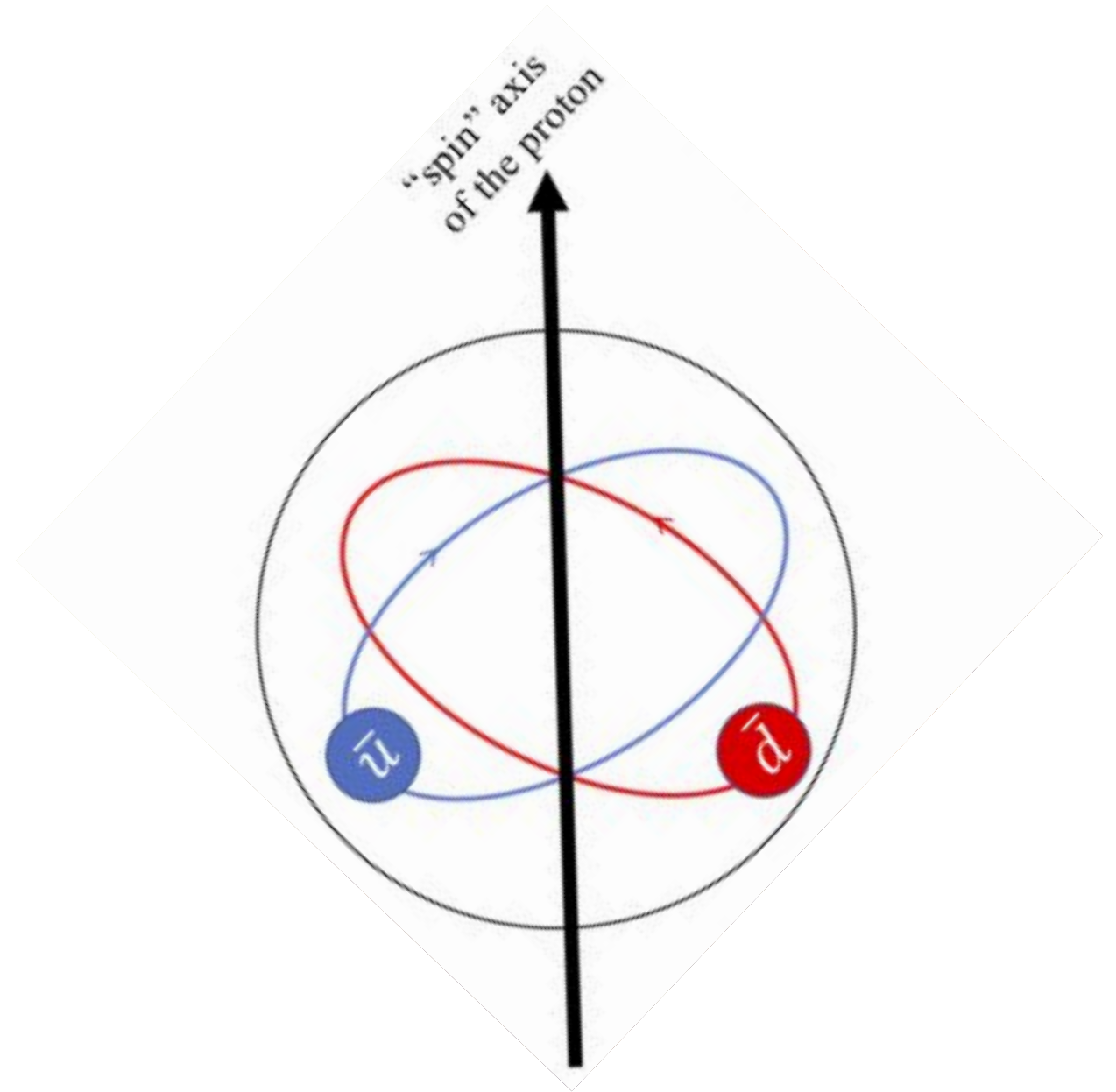
Releasing Knots



Legend

Spin Axis

The Line That Connects
Through You
to Cosmos & Earth



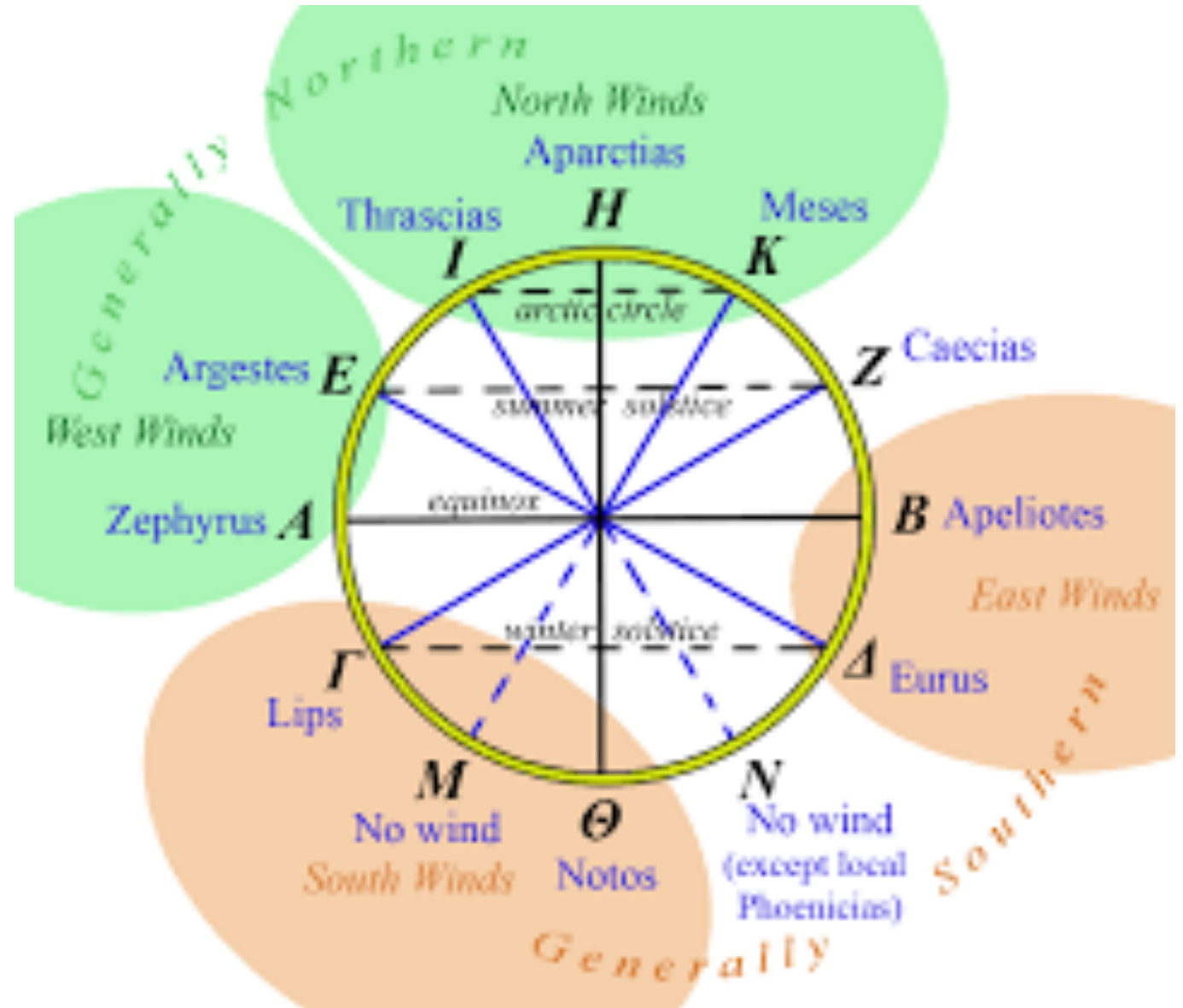


*THERE IS ONE
VIBRATORY FIELD
THAT CONNECTS ALL THINGS*

Doldrums

No Wind

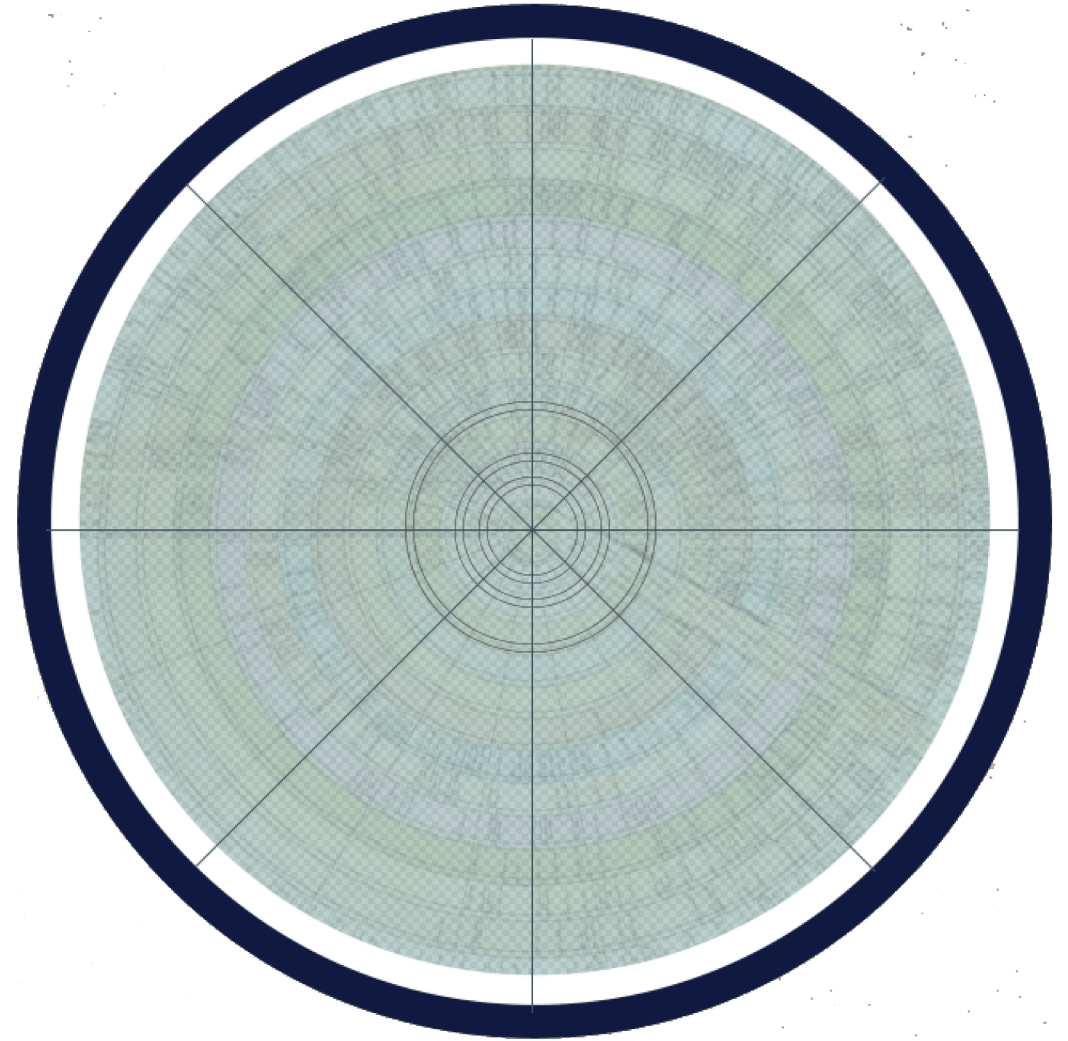
Necessary Gap



Magnetic North

sweet spot.

You know your compass is pointing Magnetic North when: you are passionate about life, your needs are met, you obtain measurable results, and you experience a sense of fulfillment through contributing.



BEGIN WITH THIS SIMPLE WIND PRAYER

Make your reading a joyous occasion.

Begin by laughing. "Ha-ha-ha." Then say:

I am calling on the divine winds.

Eurus of the east, Notus from the south,

Zephyrus of the west, & Boreas in the north.

Come here today to help me navigate my life.

The wind feeds my life. The wind renews. The wind is prosperous.

There are many sacred gifts in the wind.

The wind reveals. The wind expands..

The wind is generous. The wind lives within me.

The wind offers a sweet melody.

I share my gifts to the world by offering them to the wind.

My body is borrowed from the earth while my spirit flies free like the wind.

I am grateful to the winds for this reading.

Blessed be.

Home Work

Outdoor Altar

Prayer

Assessment

Journey to Find Your Coordinates



ALIGN TO YOUR
AWAKENING COMPASS

Wind Work Basics 1

THANK YOU