



Module Three
Wind Work Basics 1



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THE PRACTICAL SHAMAN

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INTRODUCTION

A copy of Winds of Spirit

A Wind Whistle(optional)

Wind Spirit Cards

Willingness

Getting Acquainted with Wind Work®

In this Class we will review:

Week Two Experience

What Came Up for People

The Importance of group sharing

Cycles: Fitting it all together

The Western Quadrant

Experiential Process

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.

**Sacred
Space is Still Open
Let's laugh and
call the winds**

Reading from page 63

Winds of Spirit

Ode to the West Wind

O wild West Wind, thou breath of Autumn's being
Thou from whose unseen presence the leaves dead
Are driven like ghosts from an enchanter fleeing.

—PERCY BYSSHE SHELLEY

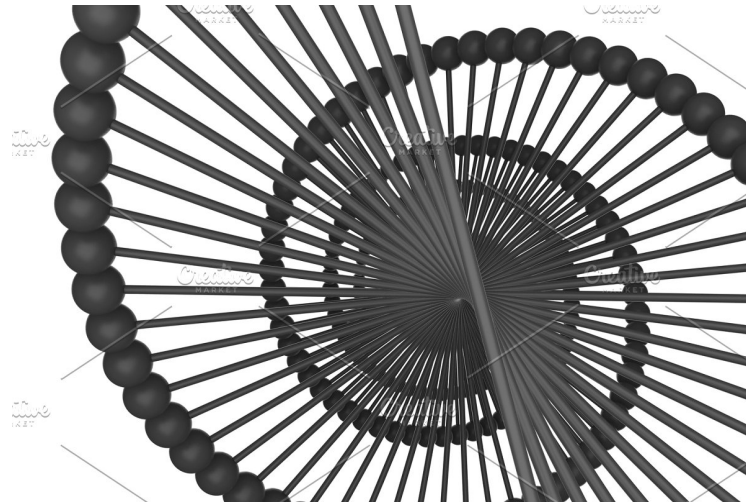
Percy Bysshe Shelley, “Ode to the West Wind,”

Cardinal Winds

NORTH—BOREAS

Module 4

SPIRIT, COMMUNITY & SUPPORT



EAST—EURUS

Module 1

MIND, MEMORIES, & BELIEFS

WEST—ZEPHYRUS

Module 3

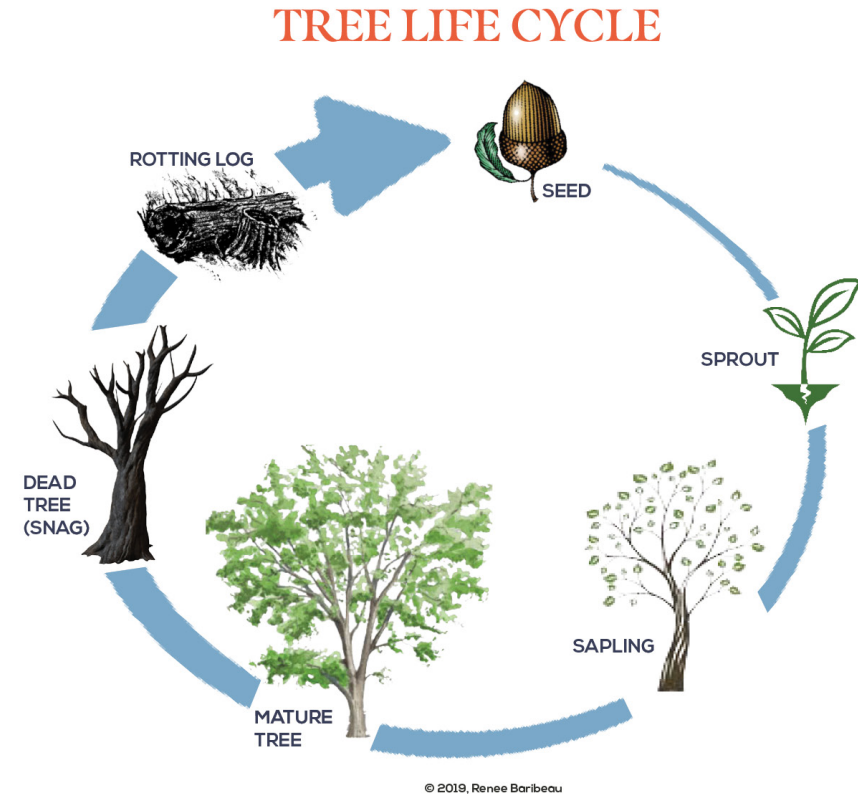
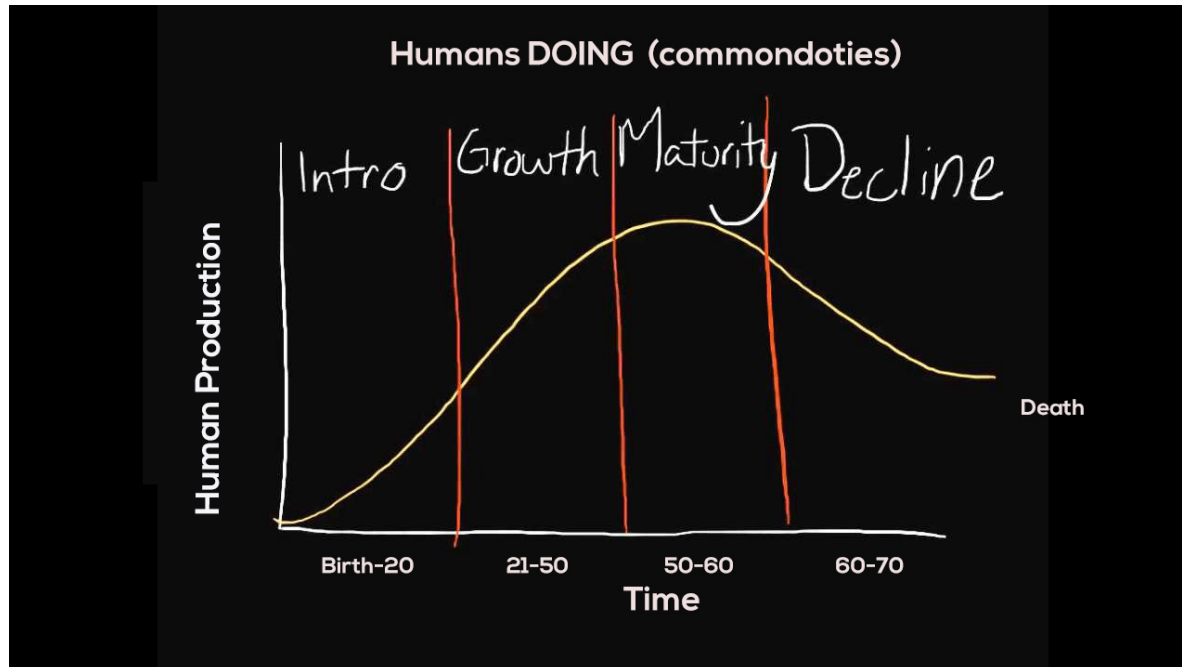
HARVEST, PHYSICAL ENDINGS & DEATH

SOUTH—NOTUS

Module 2

EMOTIONS, NEEDS, & DESIRES

The cycle of discovery



Cycles

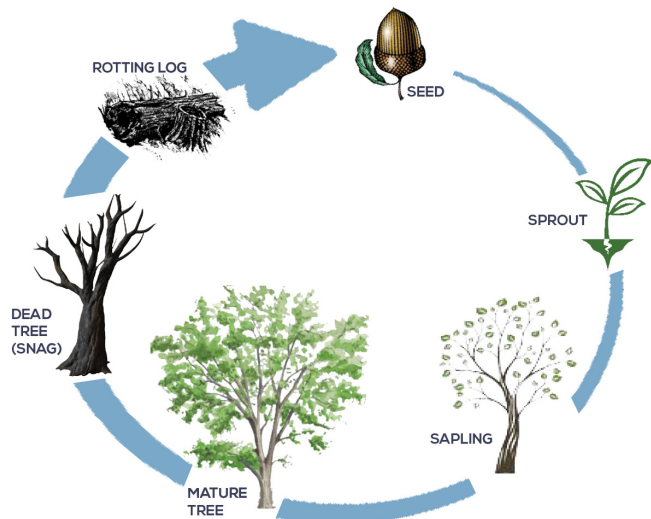
Everything is interdependent

Module 1 East: Mind, Memories and Beliefs

Module 2 South: Feelings, Needs and Desires

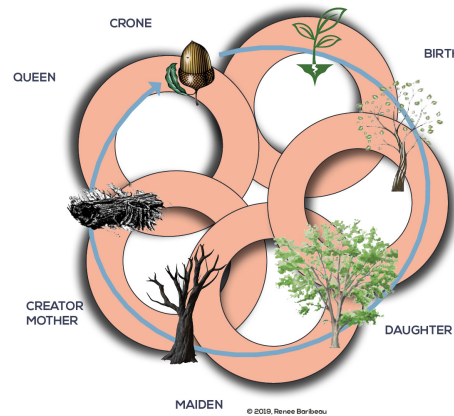
Module 3: West: Harvest, Physical Endings & Death

TREE LIFE CYCLE



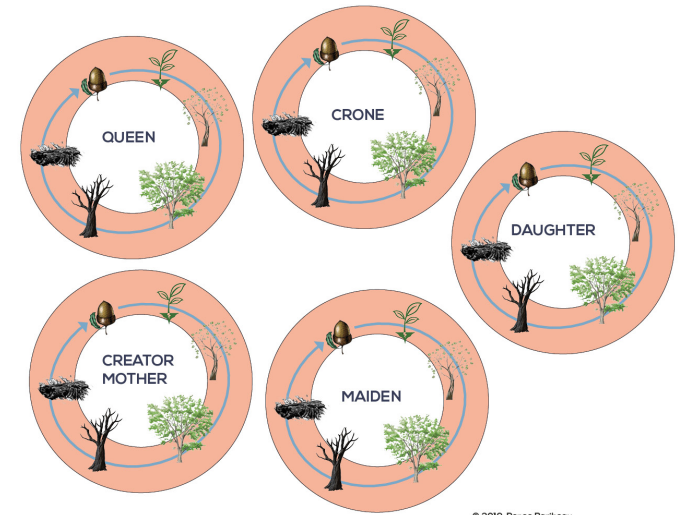
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LIFE CYCLES



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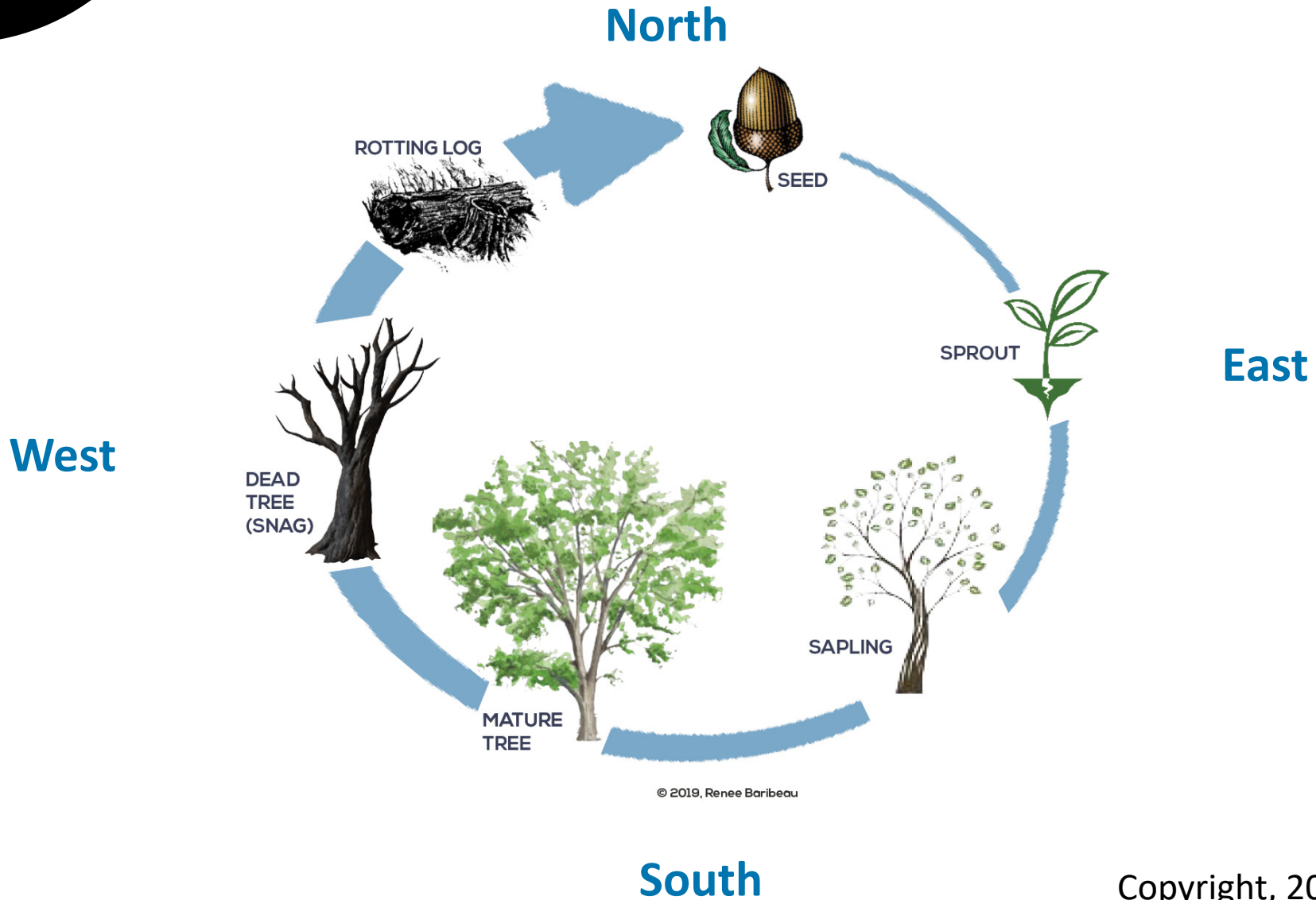
CYCLES WITHIN CYCLES



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Cycles



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How I do anything
Is How I do Everything!

Look through your assessment from
From your harvest.
ASK, What am I growing?

How you show up for yourself?

How much of your self-study have you completed?

Have you completed the Assessment?

Are You Sharing on The Wall?

Have you made a New Altar?

Journeys?

Homework?

Harvest

Taking Action

This is not about receiving the
Reward
Gathering resources for the
Days ahead



Physical Action: Inventory of your Effort

Relationships

Illness and Healing

Transitions

Dark Night of the Soul

Harvest



Taking Action on **Physical Endings**

Ideas

Place something on your altar

Bury something in the earth

Prayer offering

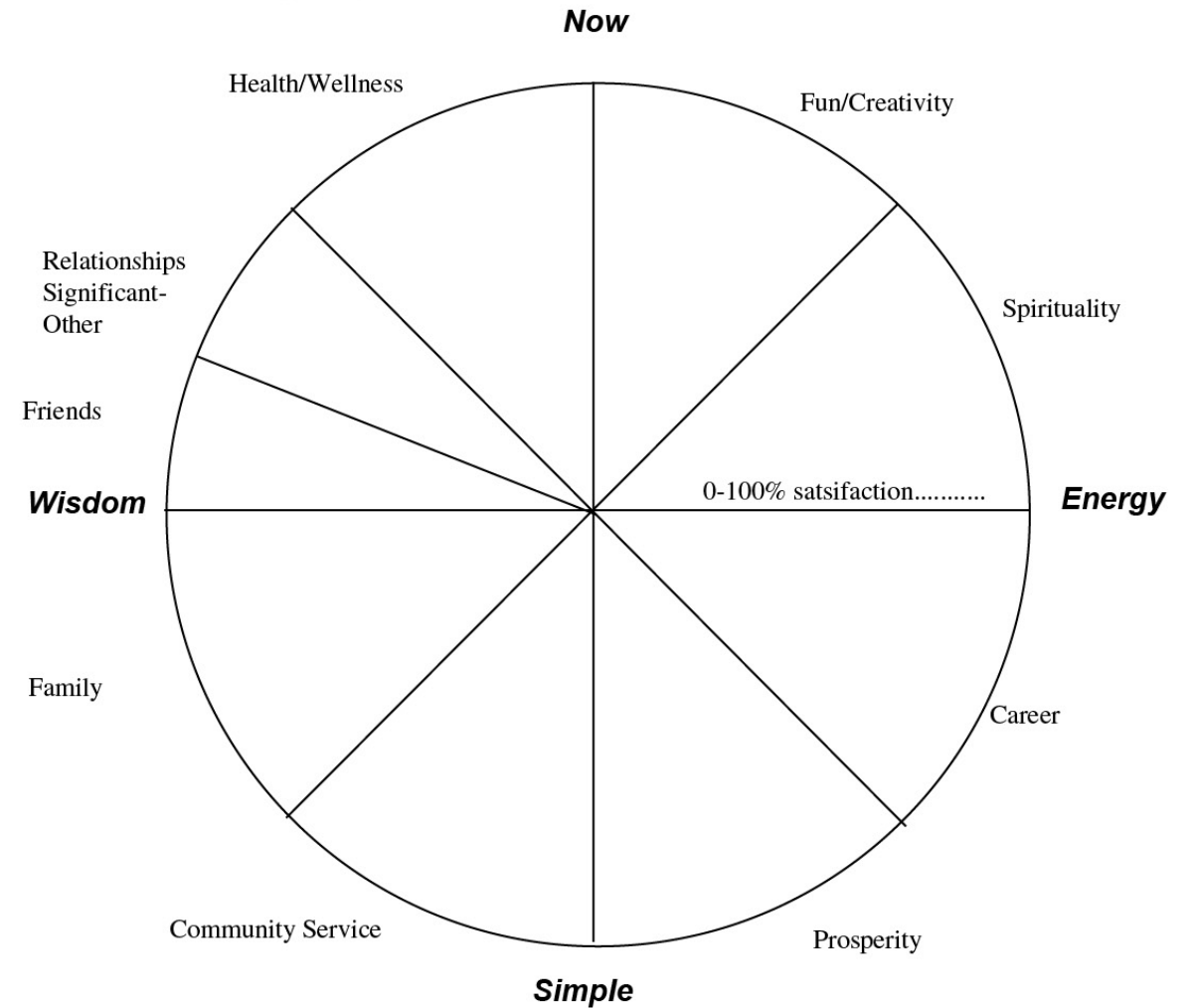
Artwork-Poem

Journey later



Inventory

Examine how your
needs and desires
are being met





Calling the Wind



Wind Direction Exercise



Choosing a Wind Spirit

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Home Work

- Call to a Wind for the week's work
- Repeat Wind Coordinate exercise
 - Time Inventory
- Commit to a Physical activity for the week, something you loved as a child
 - Take an Artist Date



Journey to complete with the East and South. Open to the West Wind of Form

East: What ideas are we putting to rest

What ideas or new beginnings

South: What emotional needs and desires are being met

What would we like to release

West: call to Zephyrus Ask Boreas of North for over lighting guidance

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THANK YOU