



Module Four
Wind Work Basics 1



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THE PRACTICAL SHAMAN

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Cardinal Winds

NORTH—BOREAS

Module 4

SPIRIT, COMMUNITY & SUPPORT

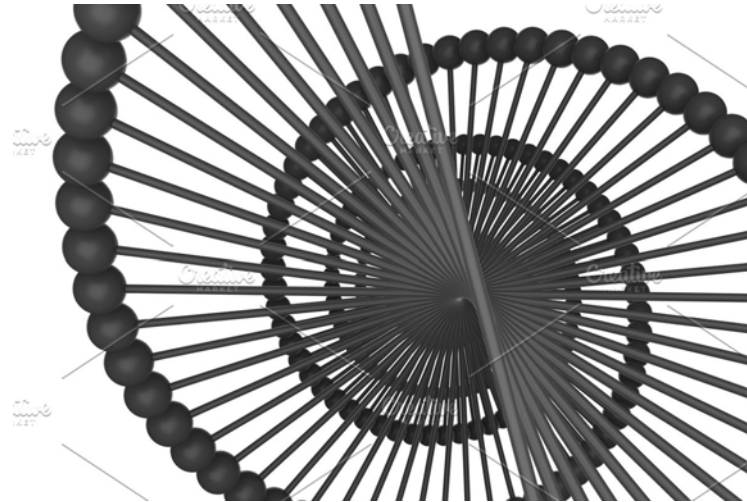
Find Spiritual Center

WEST—ZEPHYRUS

Module 3

HARVEST, PHYSICAL ENDINGS & DEATH

Empowering Joy



EAST—EURUS

Module 1

MIND, MEMORIES, & BELIEFS

How am I doing Inventory

SOUTH—NOTUS

Module 2

EMOTIONS, NEEDS, & DESIRES

What I NEED

Module 4

Closing the Circle

In this Class we will review:

Week Three Experience

What Came Up for People

Paying Attention

Cycles: Fitting it all together

The Northern Quadrant (Chapter 8)

Experiential Process

Closing Circle

4 weeks of support in May

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.

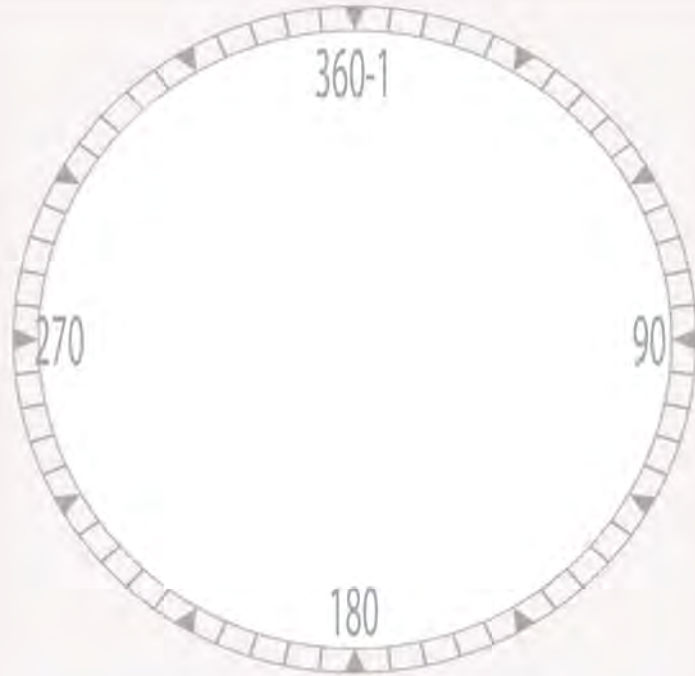
I am grateful to the winds for this reading.

Blessed be.

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

WIND WORK BASICS

DAILY LIFE WHEEL



Daily Life Wheel
How are you
spending your time?

Reading from page 69

Winds of Spirit

The North Wind

The wind blows to the south
And turns to the north;
Round and round it goes,
ever returning on its own course.

Ecclesiastes 1:6-7

Boreas

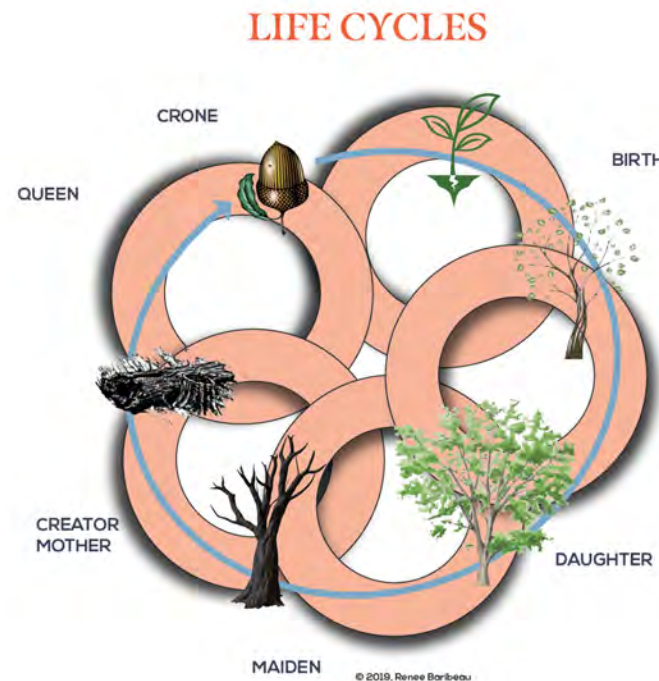
Everything is interdependent

Module 1 East: Mind, Memories and Beliefs

Module 2 South: Feelings, Needs and Desires

Module 3: West: Harvest, Physical Endings & Death

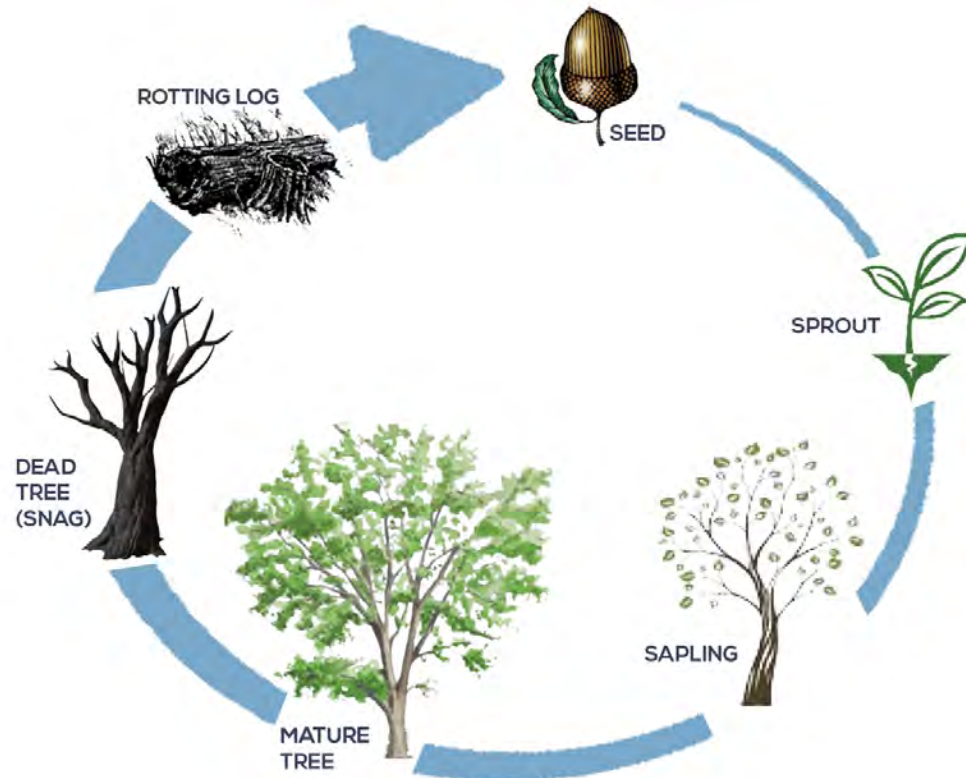
Module 4: North : Spirit, Community and Support



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End of West- Begins a New Cycle

TREE LIFE CYCLE



Tension between

East-West
South-North



Where is **SPIRIT** in your plan?

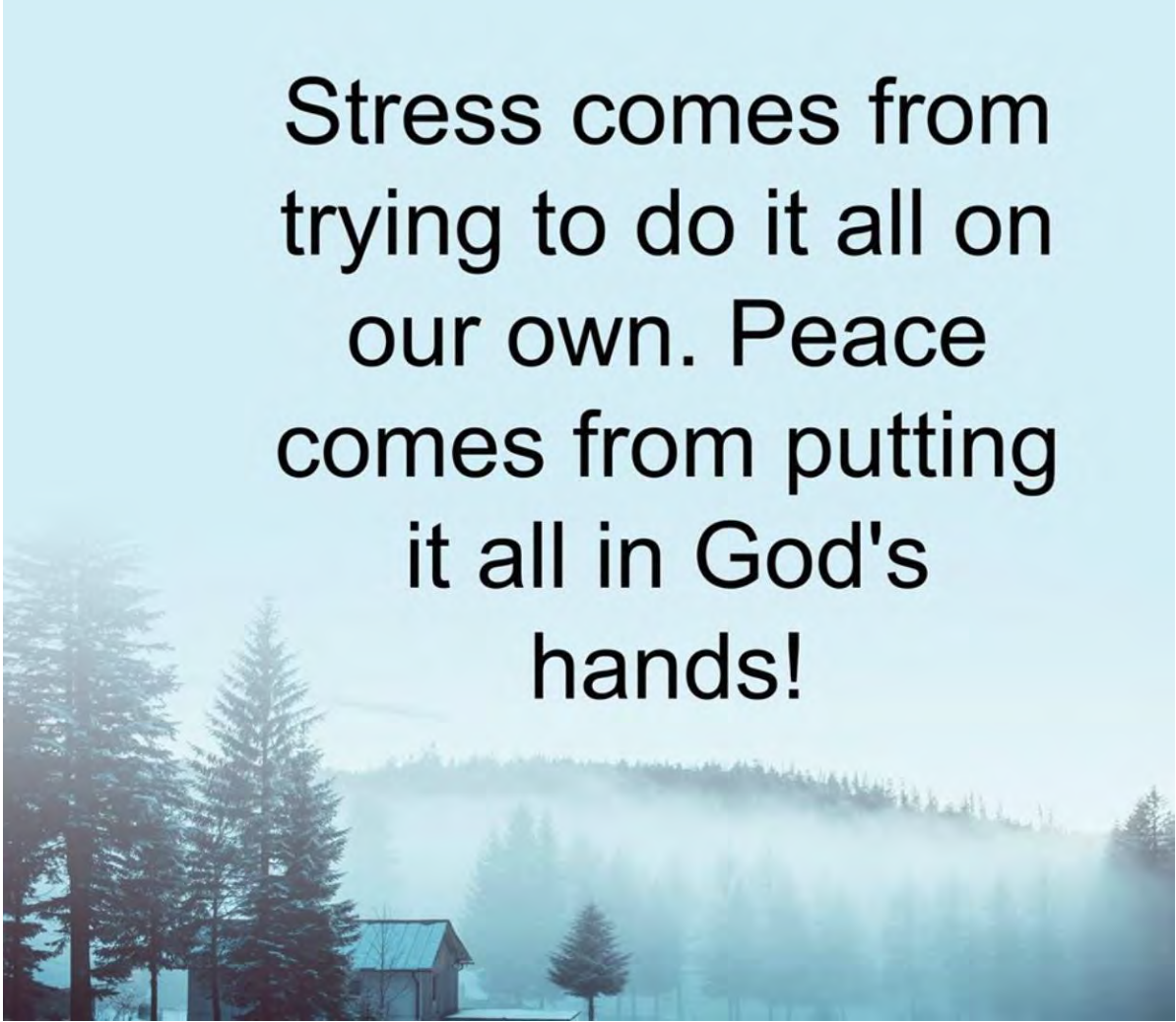
Winds of Spirit

Hebrew word *ruach* is "breath," or "wind," or "spirit." In Scripture, the word is applied both to human beings and to God.

Holy Spirit: Bible, wind is synonymous with the Holy Spirit,

Buddhist, the state of *nirvana*, which means "no wind," is a sacred place beyond ego consciousness.

Haole is a slang term used to describe foreigners who are lacking in breath, wind, or spirit.



Stress comes from
trying to do it all on
our own. Peace
comes from putting
it all in God's
hands!

Spiritual Resilience

- We Think, We Feel, We bring into Form, but can we handle the reward?
- Lulled to Sleep: Remember Your Mission
- Imagination
- Pursuit of Spiritual Excellence
- Shadow
- Serve the Community
- Humanity
- Acceptance
- Become one with Nature

Spirit

What if I give up

Idea

Emotion

Physical

(Symptom- Activity)

to the Wind?





**Chasing Illusionary Goals is self serving!
The Question is How do I Serve?**

Changing *Community* Structure



Where is Your Community?



- 1.
- 2.
- 3.
- 4.

What is Community

Provide a sense of trust, belonging, safety, and caring for each other.*



E. Common Attitudes, Interests, and Beliefs

S. Feeling of Fellowship and Relationships

Mutual Exclusivity (FB groups, who is and who is not)
Nested and Exist within each other
Boundaries
Social Need

W. Physical Boundaries, Environment and Goals

Context Neighborhood, Companies, Schools, Places of
Worship
Technology and Transportation have changed the
physical look

N. Soul Longing

Creates an Separate Entity of Share Experience
Move between communities all day long

Planting Seeds of **Support.** Discover Your Tribe

Do I have Support? Family Friends and Community

Who needs what I am offering?

Narrow the focus

Leveraging Partnerships.

Trust in Community

Start Somewhere

Follow Through

Support

Ideas

Needs and Desires

Health and Well Being

Spirit

Free space to teach a class

Nice letter of support for work

Introduction

Money

Teacher

Group Wall

Make a List of Ten Ways the Winds have Supported you in the Workshop

Workshop Support

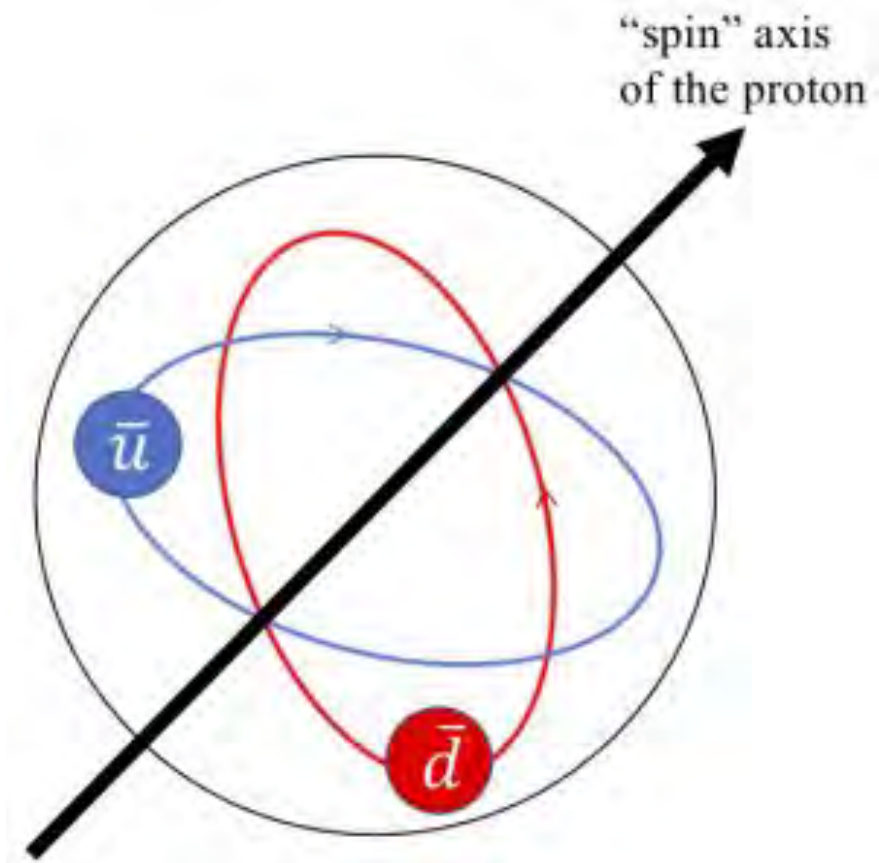
Review of Terminology

Weekly Integration Hour

Continue through May with Support

June Wind Mastery Course

Spin Axis



Anchor Points



Wind Knots: Mini Class





**Journey to Weave
the 4 Weeks Together**

Wobble-Not Wobble

Journey

Explain

Wind Work Basics 1

Send the Winds Home

THANK YOU