



Module Two  
**Wind Work Basics 1**

**Renee Baribeau**  
The Practical Shaman

## 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.

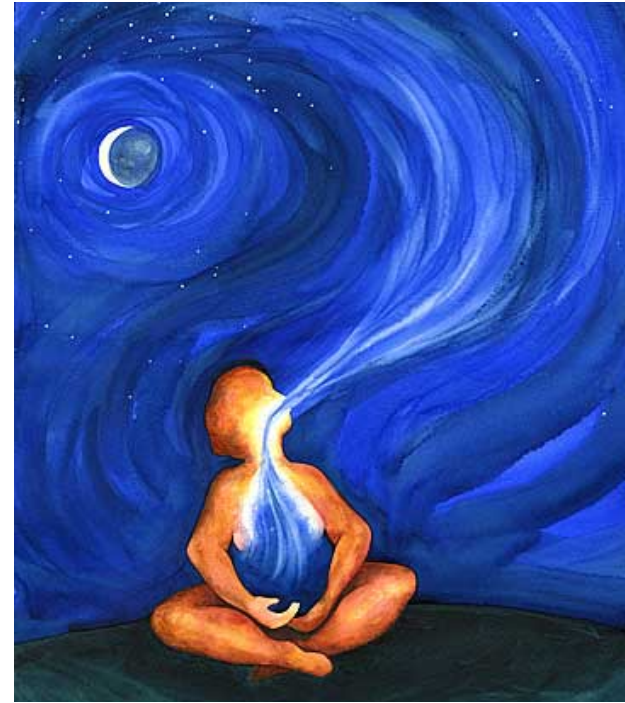
The wind offers a sweet melody.

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.



Practice the Wind Breath

This week we are going to continue  
Working with the Cardinal Wind Directions

Getting to know them

# Navigating the Course Home Page

## thepracticalshaman.com/wwb-spring-2020

Wind Work Basics Spring  
Course Page


**SHAMANIST SKILLS TO  
NAVIGATE A TURBULENT AGE**

PRIVATE FB GROUP

SYLLABUS

PERSONAL ASSESSMENT

PRE CLASS ANCHORING BONUS



- Remove Resistance
- Reawaken your Connection

VIDEO PRESENTATION

ANCHORING A NEW COORDINATE WORKSHEET

JOIN THE PRIVATE FB GROUP

120 minutes

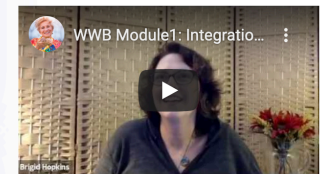
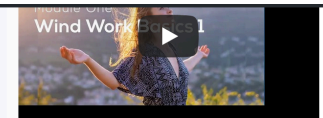


### Module 1: Getting Acquainted with Wind Work®

In this first module, Renee will share with you the history of the shamanism, paganism and share the fundamental principles of wind work. Plus, she will share the course overview.

- Begin restoring your conscious relationship with the Wind.
- Learn to work with the Wind Spirits Cards.
- Using a Wind Whistle.
- Wind Walks for Guidance and Mindfulness.
- How to summons a Wind Spirit for Help and Guidance.
- How to best integrate ancient wisdom in my current lifestyle.
- Learn about your Inner Awakening Compass.
- Journey to Meet a Wind Spirit.

### Wind Spirit Cards



### Module 1 Audio Only

by Renee Baribeau



**Renee Baribeau**

Your Guide

Renee Baribeau is an award winning

# Wind Terms for WWB



Cardinal Directions

Wind Breath

Wind Walk

Wind Bath

Wind Whistling

Wind Spirit Cards

Wind Knots

Spin Axis



## Module 2

We are Nature.  
This is Everything.



RENEE

BARIBEAU

THE PRACTICAL SHAMAN

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# INTRODUCTION

## Getting Acquainted with Wind Work® continued

### You will need:

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

### In this Module we will review:

The Importance of group sharing  
Review Week One  
Week Two Introduction  
Read Chapter 6, page 57

**Experiential Emotional Clearing Process**

# Group Sharing

**This a group process.**

**“we work together to bring in  
what each other needs to hear.”**

**Heather**

**Facebook Wall: This is where the magic happens. Community YOU**

## 1. Engagement

People who complete the course generally are those who are most active on the wall.

## 2. Responding to Other People

### 3. Begin feedback to each other with “I”

I have had shadow experiences

I would not have had my initiation

Reminder: I always see in others what I am experiencing.

Revealing parts of yourself to the wind and bearing witness is each other is key

## 4. Watch your dreams

## 5. Beginners Mind

# Cardinal Winds

## NORTH—BOREAS

SPIRIT, COMMUNITY & SUPPORT

Class Four

## Module 1

## EAST—EURUS

MIND, MEMORIES, & BELIEFS

We used our intellect to thoughtfully answer questions

Wrote our Assessment

Reflect on our own Experience

Restore Memories

Examine Beliefs

Build an Altar

## WEST—ZEPHYRUS

HARVEST, PHYSICAL ENDINGS

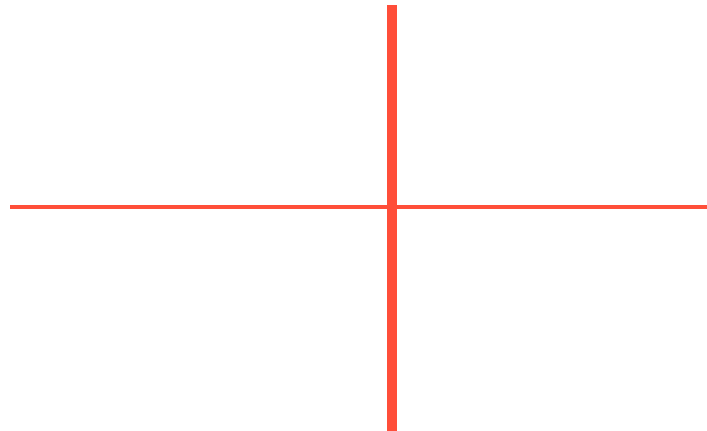
& DEATH

Class Three

## SOUTH—NOTUS

EMOTIONS, NEEDS, & DESIRES

Class Two





Class Overview

Week Two

Notus

# Emotions, Needs, & Desires

We will work with our Feelings, Needs, and Desires.

Identify where you are feeling things in your body.

Altar and Prayer Work.

Daily Wind Walk.

Reading from page 57  
Winds of Spirit

# Emotional Wisdom is not to be ignored

Centuries before indigenous storytellers warmed the winter fires and shared tales about the wind that blew from the south. to battle with Jack Frost of the north, the Babylonian sage, Adapa encountered the powerful south wind while fishing in the Persian Gulf. According to ancient Sumerian tablets (14th century BCE), Adapa's boat was swallowed when the sea split in two. Enraged by this disruptive event, the fisherman broke the wing of the south wind with his word. For seven days the wind would not blow, ergo Adapa was summoned to heaven to explain his actions. Upon revealing the anger in his heart, Adapa experienced forgiveness. While in heaven, Adapa refused the food and water from the gods that promised everlasting life. Choosing mortal humanity, he was promptly sent back to earth to share his emotional wisdom.



“Feelings Buried Alive Never Die”

Karol Truman

# Emotions

Thoughts linked to a sensation

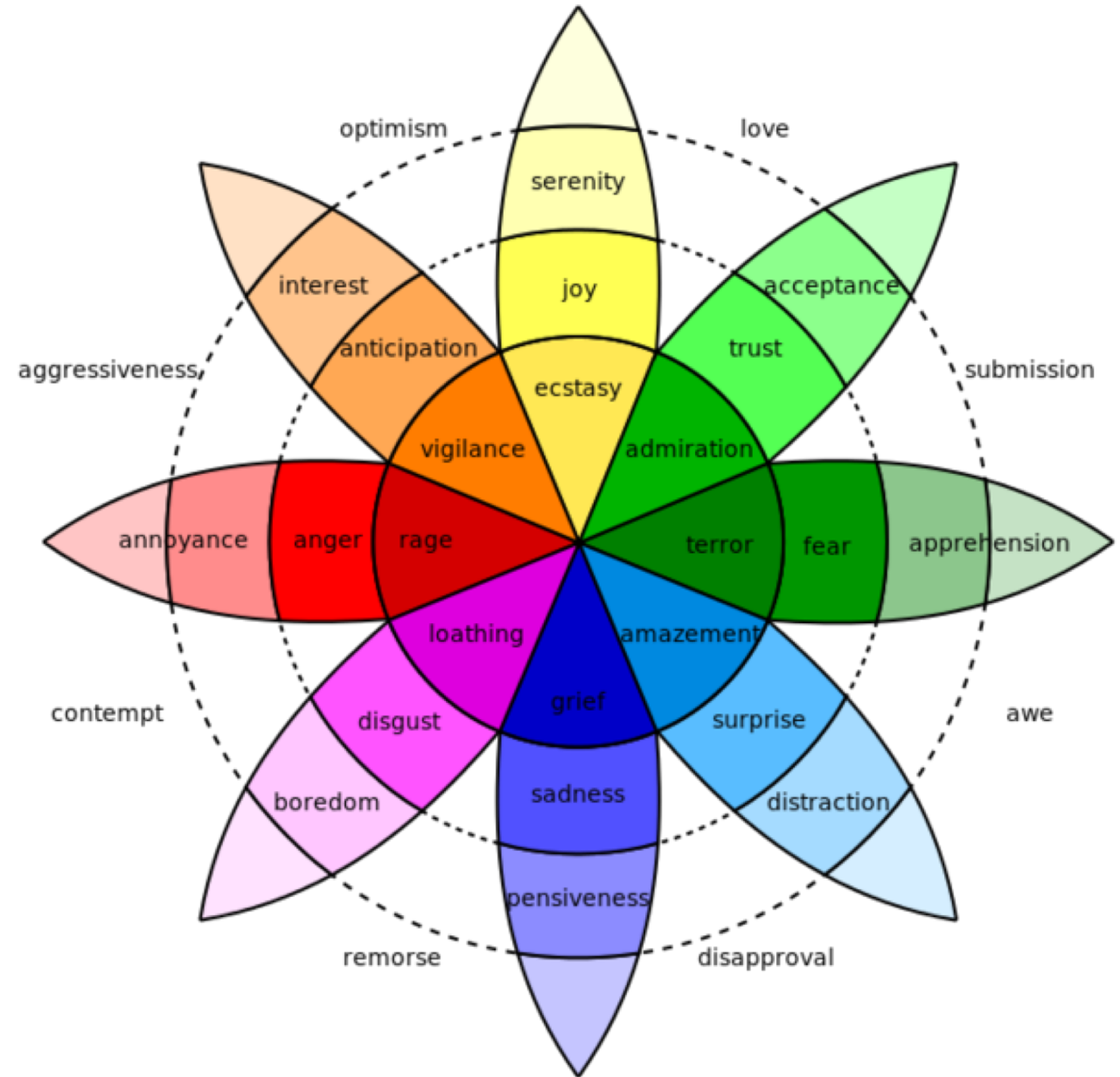
2 Types

Connect Us

Love – Joy – Trust – Surprise

Disconnect

Fear – Anger – Hate – Rage –  
Sadness – Anticipation



# Emotions

To stir up like a wind  
Mental State brought on  
By chemical changes  
Hard Wired Response



Happiness



Sadness



Anger



Disgust



Shock



Fear

# Needs \*

## **CONNECTION**

acceptance  
affection  
appreciation  
belonging  
cooperation  
communication  
closeness  
community  
companionship  
compassion  
consideration  
consistency  
empathy  
inclusion  
intimacy  
love  
mutuality  
nurturing  
respect/self-respect

## **CONNECTION continued**

safety  
security  
stability  
support  
to know and be known  
to see and be seen  
to understand and  
be understood  
trust  
warmth

## **PHYSICAL WELL- BEING**

air  
food  
movement/exercise  
rest/sleep  
sexual expression  
safety  
shelter  
touch  
water

## **HONESTY**

authenticity  
integrity  
presence

## **PLAY**

joy  
humor

## **PEACE**

beauty  
communion  
ease  
equality  
harmony  
inspiration  
order

## **AUTONOMY**

choice  
freedom  
independence  
space  
spontaneity

## **MEANING**

awareness  
celebration of  
life  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
efficacy  
effectiveness  
growth  
hope  
learning  
mourning  
participation  
purpose  
self-  
expression  
stimulation  
to matter  
understanding

# Feelings Satisfied

## Feelings when your needs are satisfied

### **AFFECTIONATE**

compassionate  
friendly  
loving  
open hearted  
sympathetic  
tender  
warm

### **ENGAGED**

absorbed  
alert  
curious  
engrossed  
enchanted  
entranced  
fascinated  
interested  
intrigued  
involved  
spellbound  
stimulated

### **HOPEFUL**

expectant  
encouraged  
optimistic

### **CONFIDENT**

empowered  
open  
proud  
safe  
secure

### **EXCITED**

amazed  
animated  
ardent  
aroused  
astonished  
dazzled  
eager  
energetic  
enthusiastic  
giddy  
invigorated  
lively  
passionate  
surprised  
vibrant

### **GRATEFUL**

appreciative  
moved  
thankful  
touched

### **INSPIRED**

amazed  
awed  
wonder

### **JOYFUL**

amused  
delighted  
glad  
happy  
jubilant  
pleased  
tickled

### **EXHILARATED**

blissful  
ecstatic  
elated  
enthralled  
exuberant  
radiant  
rapturous  
thrilled

### **PEACEFUL**

calm  
clear headed  
comfortable  
centered  
content  
equanimous  
fulfilled  
mellow  
quiet  
relaxed  
relieved  
satisfied  
serene  
still  
tranquil  
trusting

### **REFRESHED**

enlivened  
rejuvenated  
renewed  
rested  
restored  
revived

# Feelings Not Satisfied

## **AFRAID**

apprehensive  
dread  
foreboding  
frightened  
mistrustful  
panicked  
petrified  
scared  
suspicious  
terrified  
wary  
worried

## **ANNOYED**

aggravated  
dismayed  
disgruntled  
displeased  
exasperated  
frustrated  
impatient  
irritated  
irked

## **ANGRY**

enraged  
furious  
incensed  
indignant  
irate  
livid  
outraged  
resentful

## **AVERSION**

animosity  
appalled  
contempt  
disgusted  
dislike  
hate  
horrified  
hostile  
repulsed

## **Feelings when your needs are not satisfied**

## **CONFUSED**

ambivalent  
baffled  
bewildered  
dazed  
hesitant  
lost  
mystified  
perplexed  
puzzled  
torn

## **DISCONNECTED**

alienated  
aloof  
apathetic  
bored  
cold  
detached  
distant  
distracted  
indifferent  
numb  
removed  
uninterested  
withdrawn

## **DISQUIET**

agitated  
alarmed  
discombobulated  
disconcerted  
disturbed  
perturbed  
rattled  
restless  
shocked  
startled  
surprised  
troubled  
turbulent  
turmoil  
uncomfortable  
uneasy  
unnerved  
unsettled  
upset

## **EMBARRASSED**

ashamed  
chagrined  
flustered  
guilty  
mortified  
self-conscious

## **FATIGUE**

beat  
burnt out  
depleted  
exhausted  
lethargic  
listless  
sleepy  
tired  
weary  
worn out

## **PAIN**

agony  
anguished  
bereaved  
devastated  
grief  
heartbroken  
hurt  
lonely  
miserable  
regretful  
remorseful

## **SAD**

depressed  
dejected  
despair  
despondent  
disappointed  
discouraged  
disheartened  
forlorn  
gloomy  
heavy hearted  
hopeless  
melancholy  
unhappy  
wretched

## **TENSE**

anxious  
cranky  
distressed  
distraught  
edgy  
fidgety  
frazzled  
irritable  
jittery  
nervous  
overwhelmed  
restless  
stressed out

## **VULNERABLE**

fragile  
guarded  
helpless  
insecure  
leery  
reserved  
sensitive  
shaky

## **YEARNING**

envious  
jealous  
longing  
nostalgic  
pining  
wistful

# Ideological Symptoms - Needs are Met

Forward Movement

Energize

Flexibility

Creative

Complete Task

Moderation

Making Healthier Choices

Connection and Community

Positivity



# Ideological Symptoms – Unmet Needs

Procrastination

Grinding teeth or Habitual Behaviors

Difficulty completing work assignments

Incongruent Ideas

Inability to make better choices

Rumination (frequent talking or brooding about stressful situations)

Justification

Resentment

Negativity

Excuses

Envy



# Emotional Symptoms- Needs are Met

Joy -Laughing  
Overwhelming sense of freedom  
Feeling great  
Relaxation  
Trust  
Patience  
Happiness  
Focus  
Trouble remembering things  
Clarity  
Euphoria  
Contentment



# Emotional Symptoms

## Unmet Needs

Crying

Overwhelming sense of tension or pressure

Trouble relaxing

Nervousness

Quick temper

Depression

Poor concentration

Trouble remembering things

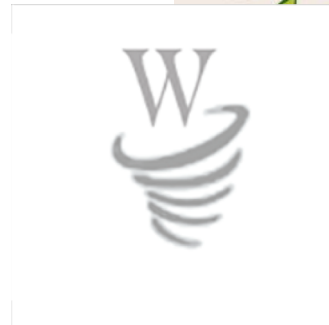
Loss of sense of humor

Indecisiveness



# Physical Symptoms Needs are Met

Healthier lifestyle  
Strong immune system  
Fights stress and pain  
Supports longevity  
Breath Regulation  
Smiling  
Exercising  
Healing Happens



# Physical symptoms of Unmet Needs

Stiff or tense muscles, especially in  
the neck and shoulders

Headaches

Sleep problems

Shakiness or tremors

Recent loss of interest in sex

Weight loss or gain

Restlessness

Isolation



# Physical Trick

## Fake it til you Make it!

“Smiling can trick your brain by elevating your mood, lowering your heart rate, and reducing your stress. The smile doesn't have to be based on real emotion because faking it works as well.”

– Dr. Samuel



# Spiritual Symptoms Needs are Met

Empathy

Intuition

Compassion

Drawn to Nature

Community

Life is Sacred

Present

Service

Inner Peace



# Spiritual Symptoms Unmet Needs

Course after Course  
Teacher after Teacher  
Lack of Faith  
Judgmental  
Suffering  
Self Serving  
Abandoned  
Hopelessness  
Anger  
Selfish  
Stingy



# WIND WORK BASICS

## HOW AM I FEELING EXERCISE

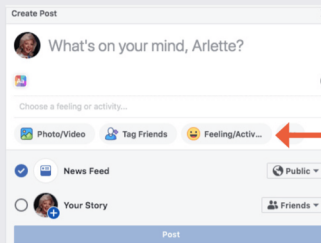
### EXPLORE YOUR FEELINGS FOR 7 DAYS CHALLENGE

#### For People who use FB

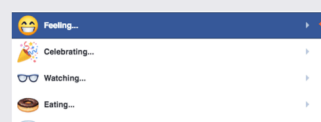
Before you make an actual post (or just as a way of checking inside) you can make a pretend post)

On your Facebook page

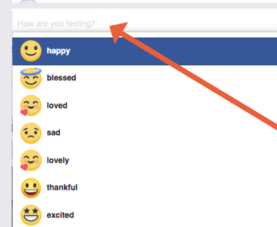
Start a Post  
A popup window will open.



Click on the Feeling/Activity button



This will open a 2<sup>nd</sup> popup window, Click on the arrow by the Feeling button



and that will open a 3<sup>rd</sup> popup window  
Scroll through the feelings and pick one that most resonates with you

you can also type a feeling in the "how are you feeling" field if you can't find the right feeling and see if it's there.

Pay attention to your feelings as you create form from energy in the world.



# Home Study

Work with  
Assessment

Pray at Altar

Repeat Exercise

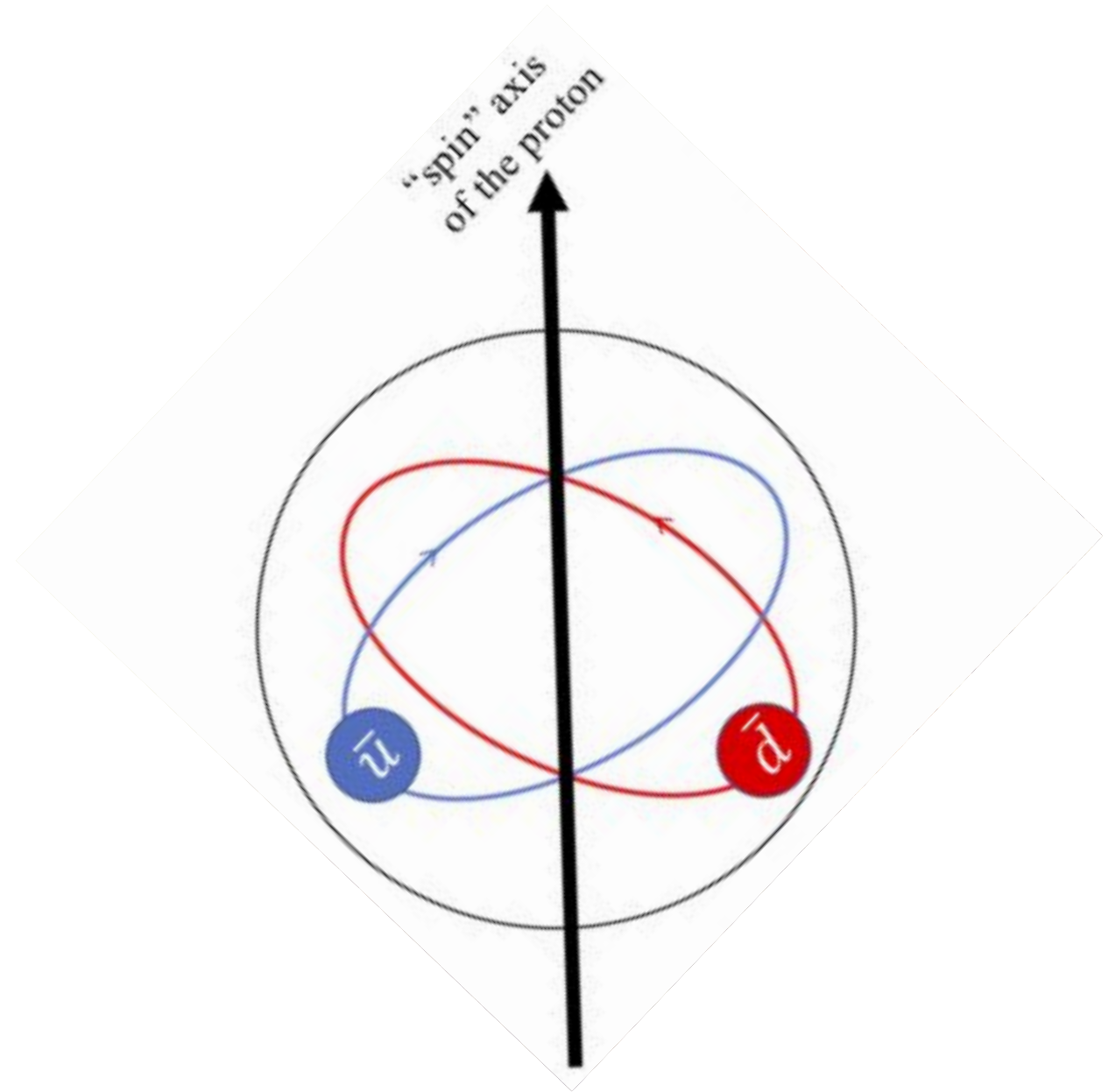
Take the 7-day  
Challenge

## Down-Spin Axis

The Line That Connects

Through You

to Cosmos & Earth





# Exercise

Cleanse our Emotional  
Bodies

With Visionary Sage

Begin in East

North West South and East

<https://youtu.be/Ng922R3DXbQ>

# Wind Work Basics 1

THANK YOU