

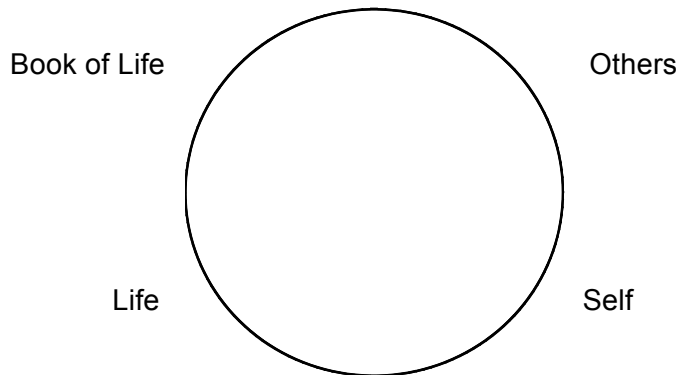
2012-2013 Responsibility Ceremony 1st Veil Transitional Ceremony

The intent of the responsibility ceremony is to become aware of what you are responsible for and who you are accountable to in your life. There are 3 challenges in responsibility:

- To admit where you have made a mistake or not followed through when you were responsible for something.
- To know what you are responsible for and what you are not responsible for. (This stops being over-responsible and under-responsible.)
- To be willing to be responsible for all aspects of your life and see yourself as 'at cause' in your life.

While you are not responsible for what others do, you are responsible for what you have caused either through your actions or lack of actions. There are 5 arenas of responsibility where you are answerable for your actions and words - to yourself, to someone else, to life, to your book of life and to Spirit. The transition into 2012-2013 is to step into full responsibility for the impact you make with your actions and your words.

4 Arenas of Responsibility



Southeast – In the southeast is 'responsibility to self'. Responsibility to the self means that in any given lifetime you are responsible to find out who you are, what you wrote in your book of life for this lifetime, and what you came here to do. In a way you could say you must remember yourself. You also must guide yourself to experiences that will allow you to know yourself, even if others disapprove of it. You must be responsible for the actions you take in finding out who you are.

Southwest – In the southwest is responsibility for life. This means that you have chosen to engage in this experience of consciousness. By incarnating here you are responsible for all that you experience, both positive and negative. You are also responsible for your actions towards the Earth and how you care for her.

Northwest – In the northwest is responsibility for what you wrote in your book of life as life-lessons to learn in this lifetime. When there are lessons to be learned, you are in karma or needing more life experience in order to be a fully balanced human being. In any given moment you have the free will to learn what you came to learn or you may

choose consciously or unconsciously to not learn. The lessons that you were meant to learn were written by your spirit self. You are responsible for all that you wrote and all that you do. What causes more karma is committing intentional harm, including ending someone's life or your own life. When your karma is completely resolved and you have learned all that you came here to learn, you enter into the state of dharma. In dharma, instead of learning lessons, you encounter opportunities to grow and to experience life and this is what you are now responsible for. This is not a time to let your life stagnate or grow smaller because your responsibility is to continue to grow and evolve. In addition, in dharma, you are still responsible for not causing any intentional harm that would create more karma.

Northeast – In the northeast is responsibility to others. Responsibility to others includes your responsibility to: relationships, children, and any agreements or actions planned to be taken with others. It also includes commitments made to others, leadership in which you guide other people or in which you care-take animals, and your interconnectedness within society or groups, or even physical spaces. This is an arena where mistakes will be made. The journey of being responsible to others means you will be answerable for your mistakes and will see what must be done to care for the mistakes that have been made. When you make agreements with others you will learn to be responsible for your agreements, all the way through to completion. If you can't meet a responsibility, then you let those involved know. The most important thing here is that you are accountable for it and you learn from it.

The Responsibility Ceremony

This is a 5-day ceremony done 2 hours per day. Items that you will need are many post-it notes, a pen, paper, a large wall surface that you can stick the post-it notes onto for up to 5 days, smudge (aromatic sage), a container to burn it in, and a lighter.

Day 1

On this day you will be working with the 'self-responsibility' arena. Smudge yourself and the space where you will be working. Hold the container of burning smudge up and speak your prayer of intent. Remember all the promises and agreements that you made to yourself that are unfulfilled, broken or not accomplished. Look for places where you belittled your own needs, dreams, and desires or saw them as unimportant, unworthy, or not good enough. Also look for times when you didn't fulfill your promises to yourself because you thought they were too difficult, too time consuming, or too much work. Write each one on a post-it note and affix it to the wall. Place all of these post-it notes in a place where you can work with them later. When complete, leave the post-it notes up, as you will be adding to them.

Day 2

On this day you will be working with the 'life responsibility' arena. Smudge yourself and the space where you will be working. Hold the burning smudge up and speak your prayer of intent. Remember all the places where you engaged in this life without taking responsibility for your actions or you blamed others or life and did nothing to change the circumstances. Where are the places you felt you were victim to the circumstances? When did you feel that your life might never be the same again and that life had dealt you a "bad hand"? This includes any life dreams you once had and then abandoned and any times you felt life was just too hard and you wanted to bail. Write each one on a post-it note and affix it to another part of the wall where you can work with them later. When complete, leave the post-it notes, as you will be adding to them.

Day 3

On this day you will be working with the 'book of life responsibility' arena. Smudge yourself and the space where you will be working. Hold the burning smudge up and speak your prayer of intent. Remember all the places where you were un-teachable and refused to learn a life lesson. For example, perhaps you took a long time to grow up and were stubborn about becoming an adult. Another example might be, you blamed your partner for all your mistakes. Or perhaps you blamed yourself for what your parents were going through rather than realizing it had nothing to do with you. Maybe it took you many tries to learn what being a good partner in relationship is or what love is about. Also consider whether there is anything you know you are ignoring in your life that you need to learn? Write down on a post-it note, each of the times you have ignored, refused to learn, assigned blame, or made learning difficult, when faced with a life lesson. Affix each one to the wall as a grouping where you can work with them later. When complete, leave the post-it notes, as you will be adding to them.

Day 4

On this day you will be working with the 'others responsibility' arena. Smudge yourself and the space where you will be working. Hold the burning smudge up and speak your prayer of intent. Remember the places where you made agreements or commitments with others but did not follow through on those commitments to completion or did not take full responsibility for your part of the agreement. Were there times when you took responsibility for things that were really outside your sphere of control and blamed yourself when they went wrong? Were there times when you felt you caused someone else's emotional pain and blamed yourself for something you had no control over? Write each memory on a post-it note and affix it to the wall as a grouping. When complete, leave the post-it notes.

Day 5

Smudge yourself and the space where you will be working. Hold the burning smudge up and speak your prayer of intent. Ask Spirit for assistance to clear, heal, and release the places where you were not responsible. Smudge the wall and without indulging in any emotionality, feel the essence and the impact of all the broken promises. Release and cut-away the energy-loss from the occasions when you were not responsible to your self. Do this by grabbing the energy wherever you feel it in your body, pulling it outwards, and using your other hand like a knife-edge, cutting the energy loss away and throwing it out of your luminosity. Stop when the energy feels clear. If there is any sadness or remorse left after doing the cutting, put your hands on your heart and forgive yourself for the times you were not responsible to your self. Do the same releasing and cutting away followed by self-forgiveness for each of the other three groupings – 'life-responsibility', 'book of life responsibility', and 'others responsibility'. When you are complete, burn the post-it notes in a safe container and watch the notes transform.

Declaration of Responsibility

In completion, speak aloud what have you learned, what you now know and how you will move forward in your life. Then make a declaration of intent, speaking aloud about what you are choosing to be responsible for from this day forward.

2012-2013 Self-Authority Ceremony 2nd Veil Transitional Ceremony

The intent of this ceremony is to discover what self-authority is and how to stand in one's own power. It is also to gain a new understanding of the places where we give our power and authority away to others or places where our authority is dependent on other people's authority.

Self-authority is having authorship over your inner world, your values, your beliefs, your reactions, your worldviews, and your book of life. There is no end point to self-authority development. It is a journey that lasts until we die, and then continues in other lifetimes. Self-authority is having the power and life force energy to act in the best interests of yourself on your journey of discovery, learning and enlightenment.

Other-authority is where you give away your power to someone or something with the illusion that they have more power and authority than you do. Other-authority is also where you have the illusion that you have to give your power away in order to survive or in order to get what you need. Other-authority is when you believe that someone knows more than you know so you should "just do it" and not question their authority. Positions of "other authority" include those in charge in organizations such as the law, the government, religious groups, the police...any group where there is someone who is "in charge" or who is "the authority". While it is true that there are people who have some authority over you, it is not true that they have absolute authority over you. You can always challenge, disagree, appeal, seek to change, and otherwise take action according to your own values, standards, and principles in any situation.

This ceremony will help you to discover your own self-authority regardless of whether there is other-authority present or someone else in charge. What is possible is to always be in your self-authority regardless of what is happening around you.

The Self-Authority Ceremony

This is a 2-part ceremony. Part 1 is the creation of a self-authority staff to be used as a talking stick reflecting powerful self-authority. Part 2 is a reflection circle first with yourself, then with another person who is willing to be a good reflective mirror for you. You will need smudge, lighter, pen and paper, a full-length mirror (or the largest mirror you have), access to nature, and small items of power (that you attach to your staff), paints and other decorations to support your self-authority.

Part 1

Smudge yourself and state your intent to find a powerful self-authority staff. Go out into nature and use your intuition in finding a stick that supports your self-authority journey. Pick a branch that is lying on the earth. There is no need to cut a live tree. Bring it back and decorate it with representations of self-authority. Ask yourself what needs to be on the stick to reflect powerful self-authority and what makes you feel centered in your body. Continue to add items and decorate the staff until you know it is complete.

Part 2

When complete, smudge your stick, yourself and the mirror you will be working with. You will be standing for this part of the ceremony, looking into the mirror.

State your intent to Spirit to speak the unspeakable about your strengths and weaknesses with self-authority and other-authority. For example, “I am good at speaking my truth and making boundaries with myself but it is much more difficult to say ‘no’ to others.” “I am afraid to express my emotions as people will ridicule me and I will feel humiliated.” “If I say ‘no’, I will waiver and eventually say ‘yes’.” “I am strong with making decisions that support me and my journey even if they are unpopular.” “I follow the leader because it is easier and safer.” “When I am asked to lead something, I do the very best I can and I am responsible for the outcome.” “Every day is a choice I make.” “I am OK when others disagree with me. I can agree to disagree.” “I am afraid of confrontation and try to make everyone happy.” “I am right because she said so.” “If everyone is doing it, it must be OK.” “Don’t shoot me, I am only the messenger.” “I am always afraid when there is a job review.” “If my best is not good enough, then it is OK for me to go do something else.” “If it is written in a book or is on facebook, it must be true”.

Keep looking at the intent of the ceremony to flush out your strengths and weaknesses. When complete, look at yourself in the mirror and reflect on your self-authority. Write down any insights that you have in your notebook.

Ask a friend who you know will hold a good space for you and be a good mirror (i.e. be both neutral and honest) for the next step of the ceremony.

Smudge yourself and the other person and your stick. Ask your friend if they will reflect back to you the ‘heart’ of what you are saying when you speak of your strengths and weaknesses with “other-authority”. Their reflection should be a sentence that captures the essence of your statement – i.e. what you are really saying that you may not have noticed you’re saying. *The reflecting is to reveal something not seen before*

Explain to your friend that this means that you will hold the stick and make an “other-authority” statement and then you will pass the stick to your friend who will reflect back what they heard you say. There can be no discussion and no processing.

Examples

Here are some examples to assist you. You might say, “I value good, challenging conversations with friends to help me change.” Pass the stick and they might reflect, “I hear that in order to change yourself you need to be challenged by other people”. They pass the stick back and you might speak, “I fear that I will have to pay too many taxes and the taxman will come after me.” Pass the stick to your friend they might reflect, “I hear you say that your finances are shaky and you don’t have a plan in place to care for it.” Pass the stick and you might speak, “I have so much work to catch up on, but I have to go to dinner at my mom’s.” Pass the stick and they might reflect, “I hear you say that you are afraid to tell your mother you need to get your work done and to disappoint her.”

Take as much time as you need to complete. It is fine to take a break, just don’t discuss what you are doing.

When complete with the “other-authority” mirroring, sit back-to-back. Your partner now becomes your witness as you hold onto your stick and speak what you have learned about self-authority and what your new self-authority stand is. Just let it come, without analyzing what you say.

For example, “The next time someone confronts me, I will breathe and listen before I speak. I choose not to see it as something I have done wrong.” “Next time, when I have too much to do, I will just tell my mom ‘no’.”

Continue until complete. Thank your friend for their support and words. Ask your friend to keep the confidentiality of this ceremony. Do not speak about the ceremony with anyone for 7 days. Just sit with it. Keep your staff in a place where you can see it. If in the next 28 days you give your self-authority away, pick up the staff and look into the mirror, acknowledging what happened, and make a new choice of how you choose self-authority. Speak it aloud.

**2012-2013 Cultivating Pleasure and Transcending Pain Ceremony
3rd Veil Transitional Ceremony**

Many of us live with some form of pain be it emotional, physical, mental or spiritual. But this is not necessary as pain is meant to be a transitory sensation. Once pain is fully experienced, it naturally moves and changes. For example, when you allow yourself to feel fear (as an example of emotional pain), and you continue to breathe and be with that feeling, you will notice that it will change and move over time. But you can actually stop it from moving by obsessing over it, making it bigger with your thoughts, and/or holding it in place. Whenever emotional, physical or mental pain is held in place – you are actually stopping it from its natural movement and experiencing more pain than you need to.

People often experience pain through emotional fear, anxiety, frustration and overwhelm, through physical stiffness, injury, break-down and dysfunction, and through mental self-cruelty that can repetitively run through your mind. When you live with pain too long, your body starts feeling burdened and heavy. This is because the pain is lowering the rate of vibration of your physical body.

Pleasure is a sensation that actually raises the rate of vibration in your physical body. It is a combination of excitation and relaxation (or deep surrender to pleasure) that is thoroughly enjoyable. Sometimes people miss or by-pass their possible moments for experiencing pleasure, because they think they don't have the time, or pleasure is not important, or it's selfish, or it's frivolous, or maybe they aren't really paying attention to their opportunities for pleasure. However, experiencing pleasure is important! Pleasure brings more spirit energy into your life and lightens your mood, your thoughts, and your spirit, and actually brings more light into your physical body.

You can have the experience of pleasure and "lightness of being" at almost any time. But since we don't necessarily already do this, it is necessary to look for moments of pleasure and to develop an attitude of cultivating pleasure.

In these changing times, with the coming of the 5th world, we have the opportunity to meet the thinning of the veils and the increased presence of the light by increasing our own light vibration and reducing the amount of pain we experience. That is the purpose of this ceremony.

The first 3 movements of this ceremony are for releasing emotional, physical, and mental pain from the body.

The 4th movement is for re-visioning your attitudes about pain so that you can receive its teachings quickly and move the pain naturally and quickly out of your body.

The 5th movement is an exercise for understanding the ways you can promote a more dominant pattern of pleasure in your life as pleasure is a way of life that needs to be actively and consciously cultivated

And the 6th movement is an exercise for extending pleasure for greater and greater periods of time.

The Cultivating Pleasure and Transcending Pain Ceremony

Intent:

To re-vision pain as a moving energy that gives you teachings and information and then leaves the body. Also to develop pleasure as a way of life so you can dance fluidly with the Unknown.

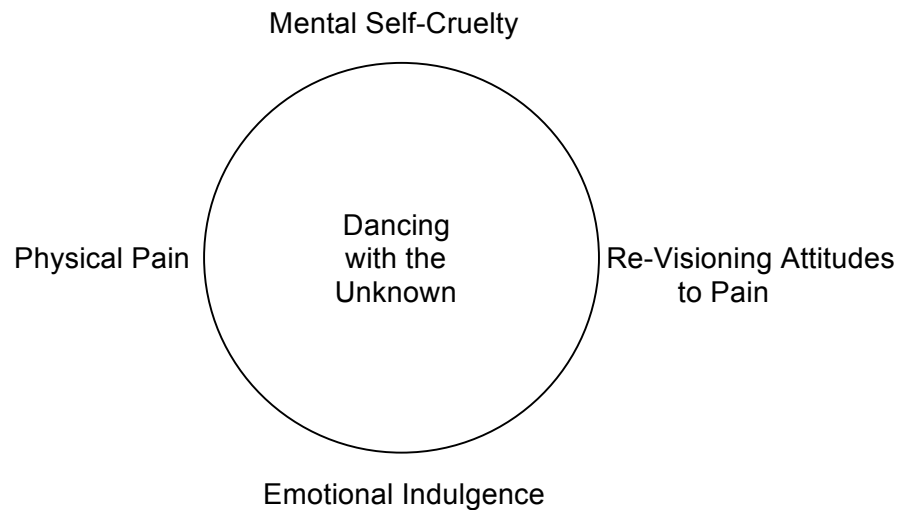
Items Needed

Clothes for the environmental context, paper and pen, mat or blanket for breathing exercise, towel or pillow for under neck or knees.

Practical Matters

The 6 movements of this ceremony will take anywhere from 6 hours to a full day.

The Wheel for Transitioning from Pain into Pleasure



First Ceremonial Movement: South – Emotional Indulgence

Walk in nature, bringing your energy down to your one-point (your center of gravity - 2 inches below your navel) and allowing your spirit to guide your direction. Call to Spirit and all the benevolent energies of the Grandmothers and Grandfathers who love you, asking them to come and help you in ceremony.

As you walk, speak aloud one of your painful stories, thoroughly indulging in the pain, fear, frustration, anxiety, and etc. while keeping your one-point. Feel what is happening with the energy in your body as you tell this story. At the peak of the pain, you will cut away from that story. Do that by grabbing the energy with your left hand wherever you sense it in your physical body. Using your right hand like a knife, cut it away and throw it outside your luminosity. Putting your hands on your heart, forgive yourself for any self-harm you have done with this emotional indulgence.

Do this for every story that still has heart-pain.

When complete, continue walking while holding your one-point and move forward into the second ceremonial movement.

Second Ceremonial Movement: West – Physical Pain

Walk in nature and remember a physical pain you have had in your body. Mimic how the pain feels or how it felt. Make the pain worse, using your mind to indulge and accentuate the pain. Speak aloud about what the pain has cost you (enjoyment, freedom, pleasure etc) and/or what you have lost because of the pain. Pull the pain out of your body – every bit of it – from wherever you feel it. Pull it out with your hands and cut it away from your body and throw it out of your luminosity. Forgive yourself for needing to learn this way through physical pain.

Do this for each physical pain you have ever had.
When complete, continue walking while holding your one-point and moving forward into the third ceremonial movement.

Third Ceremonial Movement: North – Mental Self-Cruelty

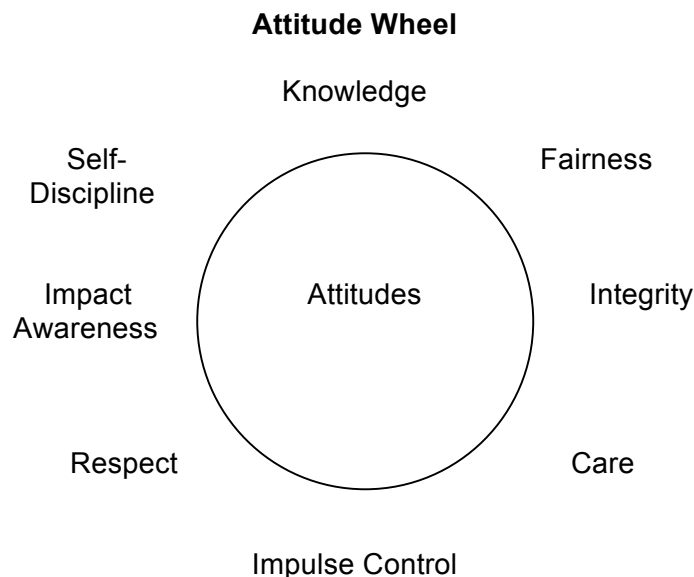
Walk in nature and remember a time when you've been mentally cruel to yourself. Hold your one-point as you continue walking and indulging in the pain of the self-cruelty thoughts, making them worse. At the height of the pain, pull it out of your third eye (center of your forehead), cutting it away and throwing it out of your luminosity until it is all gone. Forgive yourself for seeing yourself as anything less than a child of spirit.

Do this for each mental self-cruelty you have ever experienced.
When complete, find a place in nature that is private, inviting, and welcoming for you to do the fourth ceremonial movement.

NOTE: You can use the above 3 movements as an ongoing tool in your life at any time to prevent pain from festering in your heart, your body, or your mind.

Fourth Ceremonial Movement: East – Re-Visioning Attitudes to Pain

The fourth movement is the movement that breaks the pain cycle. This is the place where you shift yourself into the light by re-visioning your attitudes to pain.



Impulse Control – This is an attitude that allows you to refrain from an immediate action or reaction that would cause you pain.

Respect – This is an attitude of regard for yourself and a willingness to get to the root of the problem to stop causing yourself pain

Impact Awareness – This is having conscious awareness of how you have come to be in pain so you can make different choices.

Self-Discipline – This is an attitude of breaking old patterns that cause you pain.

Knowledge – This is an attitude of being willing to know yourself deeply and honestly so you can assess where you are causing yourself pain and gain external knowledge wherever needed to learn to either stop the pain or stop your focus on the pain.

Fairness – This is having the attitude that you would treat yourself as well as you would treat anyone you truly care for.

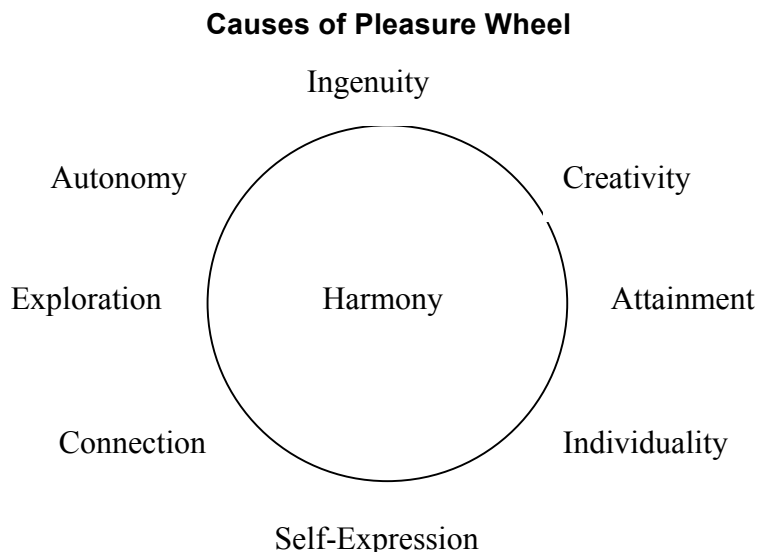
Integrity – This is an attitude of learning from your choices and refining your thoughts and actions and living by what you have learned.

Care – This is an attitude of caring for yourself and caring about others and the earth.

Sit down in your ceremonial space in nature with your paper and pen. Use the attitude wheel to understand how you can develop new attitudes to pain. Write down your personal insights from this wheel. Then write down the attitude you need to assume in the future in order to transform pain in your life. Create a personal declaration of the actions you'll take to deal with pain from now on.

Fifth Ceremonial Movement: Center - Dancing with the Unknown

Using the Causes of Pleasure Wheel below and the definitions below, cultivate your understanding of how you can create more pleasure in your life. Write down how you can create more pleasure in your life and how you will achieve this.



Self-Expression

Self-expression as pleasure is the ability to express and communicate to others, your own ideas, emotions, and individuality by taking actions and creating activities that give you satisfaction.

Connection

Connection is the pleasure derived from contact with another person with whom you have deep rapport. It may also include connecting to nature or any activity that involves your total attention.

Exploration

Exploration is investigating and discovering something new - something not experienced before that moment. Exploration as pleasure is an adventure into a new arena. It infuses the body with excitement, even while it might make you a bit fearful.

Autonomy

Autonomy as a source of pleasure is using your freedom to act in independent and self-governed ways to create, think, interact, expand and evolve as you so desire.

Ingenuity

Ingenuity as pleasure is the ability to use your resourcefulness, initiative and originality to create something new that brings you excitement and joy.

Creativity

Creativity is the ability to bring something new into existence using your imagination and often discovering something about yourself in the process.

Attainment

Attainment as pleasure is the ability to achieve and accomplish a goal through your effort and diligence.

Individuality

Individuality is those unique characteristics that a person possesses that allow them to seek their own way, their own pursuits and their own pleasure. They walk "to the beat of their own drummer."

Harmony

Harmony is the synchronization of elements and events that creates flow. It is effortless movement. Pleasure is effortless if you cultivate it. You can find pleasure in almost any activity if you seek it.

Sixth Ceremonial Movement

Exercise for Stretching Your Experience of Pleasure for Greater and Greater Lengths of Time

This exercise can be done outdoors or indoors in a private space where you will be undisturbed. You will use the 1 to 4 Rolling Pleasure Fire-Breath to increase pleasure by raising the vibration of your luminosity, while experiencing the catalyzing energy of your sexual life force energy and infusing the whole body with pleasure.

Notes about the Chakras:

1. Root Chakra: Located at the coccyx and perineum. It holds the energy of passion, desire, sexual energy and individuality.
2. Sacral Chakra: Located between the 1st chakra and the navel. It holds the energy of will, willpower and autonomy.
3. Navel Chakra: Located at the navel. It holds the energy of connection and interconnections, and freedom.
4. Heart Chakra: Located at the heart. It holds the energy of the emotions and emotional neutrality.

This exercise takes 20 to 30 minutes to do. Extend the length of time you take as you are able to extend the amount of time you can experience pleasure.

You could do this as a discipline every other day for one month and then whenever your body needs energizing, rejuvenating or re-centering.

Lie on your back in a comfortable position with your knees bent, and a rolled towel under your neck for support if needed.

Focus your attention on your 1st chakra and breathe in a normal rhythm. Inhale through your nose and exhale through your mouth. After you've developed a rhythm of breathing, as you inhale, squeeze your perineum and then as you exhale release the squeeze.

Imagine your 1st chakra as a vortex of vibrant energy. As you breath and squeeze, feel this chakra and your whole body suffusing with pleasure and when that chakra feels full and vibrant, begin moving the energy up from the 1st to the 2nd chakra.

Squeeze as you inhale, bringing your breath up from your 1st chakra into your 2nd, releasing the squeeze on the exhalation. Feel this chakra and your whole body suffusing with pleasure and, when that chakra feels full and vibrant, begin moving the energy up from the 1st to the 3rd chakra.

Squeeze as you inhale, bringing your breath up from your 1st chakra into your 3rd, releasing the squeeze on the exhalation. Feel this chakra and your whole body suffusing with pleasure and, when that chakra feels full and vibrant, move the energy up from the 1st to the 4th chakra.

Now create a sacred hoop of breath and pleasure by visualizing, on the exhalation, your breath coming upwards out of your 4th chakra and looping down again to be inhaled at the 1st chakra. Then bring the breath up through all four chakras, looping down again to the first chakra and continuing in this way until your entire body is suffused with pleasure.

Enjoy the sensations created by this exercise.

When you are ready to complete your ceremony, thank all the energies that worked with you and return your ceremonial spaces to beauty.

2012-2013 Free Will Reflection Ceremony
4th Veil Transitional Ceremony

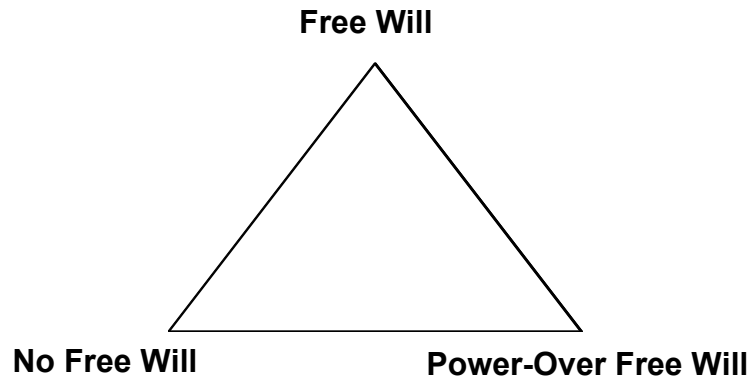
The intent of this ceremony is to explore what free will is and to make an internal shift in how you have held and acted with your free will in the past.

You might ask, “How can I exercise my free will and take actions that do not harm life or the sacredness of life?” But, this is an impossible task.

So you must ask, “How can I be aware and responsible for my actions knowing that whenever I exercise my free will, it will have both positive and negative impact on others and life?”

When you have awareness and care for exercising of your free will, knowing it will have both positive and negative impact you must be guided in your choices by Spirit and by your principles of life, and by your commitment to living fully. Is this easy? “No!”

In this movement into 2012-2013 with the dark and light veils thinning, choosing to exercise your free will becomes a challenge of acting with commitment to aligning with the sacredness of life and with Spirit’s guidance while being aware of the impact you will make.



Free Will (FW)

Free will is the ability to make choices and take actions as a free and autonomous human being and not as a person who is controlled by their compulsions or hampered by a belief that their life is inevitably predetermined.

A person who has free will is usually aware of both positive and negative potential consequences, and takes action based on his/her best determinations. When you desire to heal and grow, and evolve, you must exercise your free will through your principles based on honouring yourself, life, and other people, and the earth, even though you know that the impact may cause harm somewhere. Such is the nature of life.

The best of free will has within it self-discipline and personal power - the self-discipline to make good decisions and the personal power to follow through and carry them out.

No Free Will (NFW)

Lack of Free Will is the inability or unwillingness to take on the responsibility for making free and independent choices and acting on them autonomously. You can be sure that others are exercising their free will, so when you don't exercise your own (whether in your relationships, your work, or your community) your voice and your values are not being represented.

You can have a lack of free will from having a low level of life force energy, or from not having good role models for learning free will, or from learning to give your power away. People with no free will often surround themselves with other people who want to control them.

When you do not exercise free will, you may be ambivalent, indecisive, dependent, undisciplined, inconsistent, and/or lacking in the exercise of your personal power. Without free will, you do not exercise control over your own choices.

Power-Over Free Will (POFW)

Power-Over Free Will occurs when one person exercises their free will over another person. When you do this, and especially if you do this often, you will be seen as a tyrant or a manipulator. Usually when people try to have power-over others they look for others who have a diminished store of free will or none at all.

People exercise "power-over" free will when they feel they must have control over all situations and other people because they desire to control the outcome. They may even perceive they are controlling others for their own best interest. When we use power-over others, it is sometimes because we think we know better than anyone else and it is usually because we fear a loss of control.

Read the following examples of free will (FW), no free will (NFW), and power-over free will (POFW) to glean the differences between each.

FW: I have the ability to determine reality.
NFW: My life is predetermined - I have no choice.
POFW: I 'm gonna get what I can for as long as I can no matter who I impact.

FW: Every step I take is a choice that I make.
NFW: Taking no step at all is a choice.
POFW: Forcing you to take a step is a choice.

FW: It is my right to express myself in any moment.
NFW: I have no right to full expression.
POFW: I allow others full expression or no expression.

FW: It is OK to walk my path with the speed of evolution that I need.
NFW: I have no path to walk; it's too difficult.
POFW: I control the speed and the pathway of others because they need help.

FW: I care about the impact I make and know that sometimes people can be impacted negatively.
NFW: I am afraid of making impact and causing problems for others.
POFW: I always make impact and I like how it feels. Who cares what others think

and how they react to my impact.

- FW: I do what I desire to do and what I am meant to do.
NFW: I never do what I think I should do - I might make people angry.
POFW: I always do what I want to do. So what if they don't like it or get hurt?
- FW: I occasionally choose to use my free will to compromise in order to create a great and balanced relationship.
NFW: In order to have a good relationship, I must give up who I am.
POFW: I create the way I want to be and the other person will do what I want.
- FW: I have the right to be guided by Spirit even if it means I must leave one path and choose another.
NFW: I could never leave my path because it has given me so much that I feel obligated to stay.
POFW: I might leave my path but why should I if I'm playing the game in order to get what I want.
- FW: I love my new and chosen life work even though it has great challenges and it is testing me.
NFW: I have been told that the work I do is amazing but I have no energy and no one will take care of me.
POFW: I will do whatever it takes to move up the corporate ladder.
- FW: I know what my agreements are and I am choosing to break them and I accept the consequences.
NFW: Maybe they won't notice I am breaking a rule and besides, I'm not sure why this rule is in place.
POFW: It is mine to do so I will do it regardless. I don't have a clue why this agreement is in place anyway and I don't agree with it.
- FW: If I take this job we will have to move as a family. It may be difficult for all of us but we will be financially secure for the first time.
NFW: I have the perfect job offer in a new location. I hope my family agrees to move.
POFW: I am taking this job and moving my family there.

Ceremony

Items needed for this ceremony

Smudge (aromatic sage), a shell or other container to burn the smudge in, a lighter, compass, 8 rocks, loose tobacco, a notebook and pen. Dress for the environmental context. This can be a daytime or nighttime ceremony.

Finding the Space

Find a power spot in nature; it will be a spot you are drawn to. Go inside yourself and ask the energy and spirit caretakers of that space for their permission to do ceremony there. Sit quietly and ensure that the space is free of interference from other energies – both in the physical and spirit worlds – and that the energy is welcoming. Feel the answer in your body. If the answer is “No”, find another location.

When you feel that the energy is welcoming, light your smudge and call to the spirit beings that love you. Ask for their guidance. Continue speaking until you feel their presence and nature has sent you a sign indicating that. The sign may be something like a gust of wind, a loud animal or a sudden stillness.

Creating an 8-Stone Medicine Wheel

In a clear area approximately 15 feet across, place your compass on the ground in the center.

In the East

Find a stone and ask it to be a part of your ceremony in the east of your wheel. Check inside and discern if its response is a "Yes." (You can place it against your heart and get a heart sense of "Yes" or "No.") If it is "Yes," give thanks and if it is "No," return the rock to where you found it and find another. Go to the east edge of your wheel and hold the stone up. Speak aloud, acknowledging and calling to the energies of the east: the rising sun, the fires of life and the place from which we gain our illuminations. Place the stone on the east edge of your wheel.

In the West

Find a stone and ask it to be a part of your ceremony in the west of your wheel. Check inside and discern if it is a "Yes" or a "No" as before. If it is "Yes," give thanks and if it is "No," return the rock to where you found it and find another. Go to the west edge of your wheel and hold the stone up. Speak aloud, acknowledging and calling to the energies of the west: Mother Earth, the setting sun, and the place of going within to find our answers. Place it on the west edge of your wheel.

In the South

Find a stone and ask it to be a part of your ceremony in the south of your wheel. Check inside and discern if it is a "Yes" or a "No". If it is "Yes," give thanks and if it is "No," return the rock to where you found it and find another. Go to the south edge of your wheel and hold the stone up. Speak aloud, acknowledging and calling to the energies of the south: the waters of life, the place of the heart, and the place of inner trust for what you know. Place it on the south edge of your wheel.

In the North

Find a stone and ask it to be a part of your ceremony in the north of your wheel. Check inside and discern if it is a "Yes" or a "No". If it is "Yes," give thanks and if it is "No," return the rock to where you found it and find another. Go to the north edge of your wheel and hold the stone up. Speak aloud, acknowledging and calling to the energies of the north: the air, the winds, the place of the mind, and the place of wisdom and knowledge. Place it on the north edge of your wheel.

In the Southeast

Find a stone and ask it to be a part of your ceremony in the southeast of your wheel. Check inside and discern if it is a "Yes" or a "No". If it is "Yes," give thanks and if it is "No," return the rock to where you found it and find another. Go to the southeast edge of your wheel and hold the stone up. Speak aloud acknowledging and calling to the energies of the southeast: the place of experiencing the presence of life, and the place of Spirit from which all things are born. Place it on the southeast edge of your wheel.

In the Southwest

Find a stone and ask it to be a part of your ceremony in the southwest of your wheel. Check inside and discern if it is a “Yes” or a “No”. If it is “Yes,” give thanks and if it is “No,” return the rock to where you found it and find another. Go to the southwest edge of your wheel and hold the stone up. Speak aloud acknowledging and calling to the energies of the southwest: the place of the dream of life, the power of the symbols, dreams, and the images we create in our lives and in the spirit world. Place it on the southwest edge of your wheel.

In the Northwest

Find a stone and ask it to be a part of your ceremony in the northwest of your wheel. Check inside and discern if it is a “Yes” or a “No”. If it is “Yes,” give thanks and if it is “No,” return the rock to where you found it and find another. Go to the northwest edge of your wheel and hold the stone up. Speak aloud acknowledging and calling to the energies of the northwest: the place of the balance of existence and all of the natural laws of life, and of the Circle of Law that forms our inner balance, inner self-governance, and inner sense of right and wrong. Place it on the northwest edge of your wheel.

In the Northeast

Find a stone and ask it to be a part of your ceremony in the northeast of your wheel. Check inside and discern if it is a “Yes” or a “No”. If it is “Yes,” give thanks and if it is “No,” return the rock to where you found it and find another. Go to the northeast edge of your wheel and hold the stone up. Speak aloud acknowledging and calling to the energies of the northeast: the place of the movement of energy, of the moon that moves the waters of life, and of the wondrous design of all existence. Place it on the northeast edge of your wheel.

Now place a pinch of tobacco on each rock and feel the energy inside your wheel. Smudge yourself and your wheel, beginning in the east and moving clockwise around your wheel, moving towards the center until the entire wheel has been cleansed and blessed.

Ceremonial Process

State your intent to Spirit to remember your personal issues with free will, no free will, and power-over free will. Pray and ask for help to see clearly all the will issues you have had in your past in order to successfully negotiate free will decisions in this transitional time frame of 2012-2013. Sit in the middle of the medicine wheel.

Free Will Circle

Face the south of the medicine wheel and begin by recalling a situation in your life where you used your free will when making a decision. The south is the place of the heart and emotions. Ask yourself, “How did my free will choice affect my heart? Was it positive or negative? Could I have done anything different or was it a decision that ultimately was good for the next step of my journey?” Write down any new insights.

Turn and face the north of the medicine wheel. This is the place of the mind, thought and inner dialogue as well as knowledge. Ask yourself, “In this situation, how did my free will choice affect my views of myself and how I thought about myself? What new knowledge did I gain? Was it positive or negative? Could I have done anything different or was it a decision that ultimately was good for the next step of my journey?” Write down any new insights.

Turn and face the west of the medicine wheel. This is the place of the physical body and the impact our decisions have on our body as well as the ability to have and use our intuition. Ask yourself, "In this situation, how did my free will choice impact my physical body and my relationship with the physical world? Was it positive or negative? Could I have done anything different or was it a decision that ultimately was good for the next step of my journey?" Write down any new insights.

Turn and face the east of the medicine wheel. This is the place of Spirit and your spirit or higher self. Ask yourself, "In this situation, how did my free will choice affect the expression of my spirit? Was it in alignment with what I came here to do? Was the decision positive or negative? Could I have done anything different or was it a decision that ultimately was good for the next step of my journey?" Write down any new insights.

Turn and face the southeast of the medicine wheel. This is the place of our self-concepts and our ability to learn from our experiences we have chosen in life. Ask yourself, "In this situation, how did my free will choice affect how I felt or viewed myself? What did I learn? Could I have done anything different or was it a decision that ultimately was good for the next step of my journey?" Write down any new insights.

Turn and face the southwest of the medicine wheel. This is the place of the dream, the sacred dream of life and what you came here to do in this lifetime. Ask yourself, how did my free will choice impact my dream? Did it add to my dream or did it take away from it? What did I learn? Could I have done anything different or was it a decision that ultimately was good for the next step of my journey?" Write down any new insights.

Turn and face the northwest of the medicine wheel. This is the place of karmic and dharmic patterns. Karmic patterns are patterns that don't work for us but we keep doing them until we change. Dharmic patterns are patterns that support and sustain our evolution. Ask yourself, "In this situation, how did my free will choice impact my karmic or my dharmic patterns? What did I learn? Could I have done anything different or was it a decision that ultimately was good for the next step of my journey?" Write down any new insights.

Turn and face the northeast of the medicine wheel. The northeast is the place of energy design and choreography of our life. Ask yourself, "In this situation, how did my free will choice impact my life movement and my energy? What did I learn? Could I have done anything different or was it a decision that ultimately was good for the next step of my journey?" Write down any new insights.

Sit in the center of the medicine wheel and reflect on how your free will decision impacted the other people in your life. Were you aware of the impact on them? Did you have careful consideration for the impact of your actions? Did you still make the best decision for yourself, your journey and your evolution?

Ask yourself, "Can I live with this decision knowing that it impacted the hearts of others and knowing the decision was the best for me?"

If this decision still has an emotional resonance for you, grab it where you feel it and throw it out of your luminosity with a sharp exhale. Keep doing this until the feeling is gone. Write down what you know now about this decision.

Repeat this process, asking these questions in all 8 directions and the center of the medicine wheel for all the major or difficult decisions you have made that had great impact on others. Acknowledge and do any self-forgiveness for mistakes that you made. Do this by putting your hands over your heart and speaking your forgiveness of yourself in a voice of kindness.

No Free Will Circle

Sit in the center of the medicine wheel and reflect on a decision you made where you surrendered your free will or gave your free will away to some ideal, philosophy, situation or person. What was the impact on you? What was the impact on others? Were you aware or unaware that you were surrendering your free will? What would you have done differently knowing what you know today?

If this decision still has an emotional resonance for you, grab it where you feel it and throw it out of your luminosity with a sharp exhale. Keep doing this until the feeling is gone. Write down what you know now about this decision.

Do this for all major events where you gave your free will away. Acknowledge and do any self-forgiveness for mistakes that you made.

Power-Over Free Will Circle

Again, sit in the center of the medicine wheel and reflect on a decision you made where you controlled or manipulated someone else's free will in order to gain your own outcome. What was the impact on you? What was the impact on others? Were you aware or unaware that you were doing this? What would you have done differently knowing what you know today?

If this decision still has an emotional resonance for you, grab it where you feel it and throw it out of your luminosity with a sharp exhale. Keep doing this until the feeling is gone. Write down what you know now about this decision.

Do this for all major events where you used power over another person's free will. Acknowledge and do any self-forgiveness for mistakes that you made.

This ceremony is a tool that you can use for any difficult decisions in your life to ensure that it is the best decision for you and your journey, and to ensure that you keep it as a part of your free will circle with care. This tool will also assist you in seeing if an action you take overpowers someone else's free will.

Ceremonial Ritual for Thanking Spirit

At the conclusion of this ceremony, thank the energies of the medicine wheel and Spirit for assistance in your ceremony. Place the rocks back in nature and leave the area where you did ceremony in a natural state.

**2012-2013 Giveaway Circle Ceremony
5th Veil Transitional Ceremony**

Sometimes in life, your feelings of concern and care may be focused on filling your own needs and sometimes they are focused more broadly on the interconnecting needs of other people, of your community, and/or of life itself (the natural environment, plants, animals, etc).

One of the shifts needed in the human collective during the 2012-2013 transition is a movement away from an attitude of “All Me First,” and towards a greater consideration of others. This willingness to be of service is called the Giveaway Circle. The giveaway circle refers to acts of service and acts of kindness done for others.

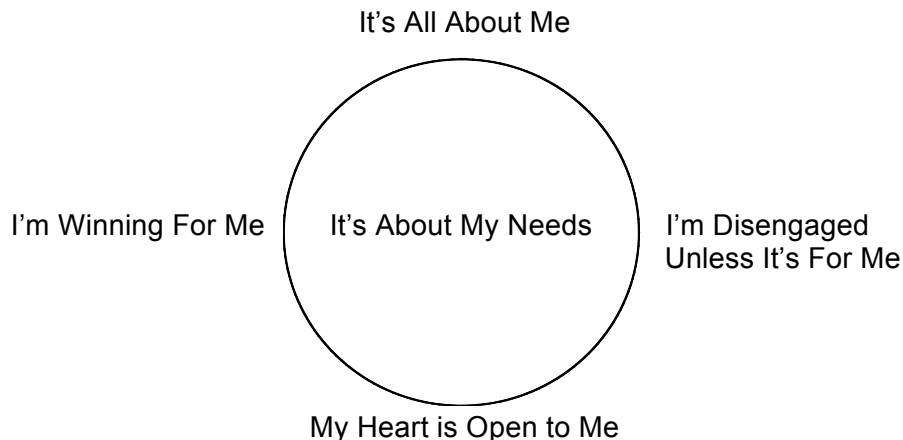
When you become caught up in an attitude of “All Me First”, your focus on yourself and on satisfying your own needs actually causes you to lose energy and grow more slowly or stop growing altogether. When you broaden your attitude to live within a Giveaway Circle, your concern and care goes out to all the other forms of life that you are interconnected with as well as to yourself. In the action of doing giveaways, you create unforeseen possibilities for growth and maturation. This can expand your spiritual awareness and increase your own zest for life!

The Giveaway Circle Ceremony

This ceremony is done as a Walking Meditation in nature and will take 3-4 hours. Begin by walking at a pace that has a strong natural energetic movement for you. Speak your intent aloud – to move away from an attitude of “All Me First,” and towards a greater willingness to do giveaways to others, to your community, and/or to life.

Bring your attention down to your navel and send your energy out ahead of you as you walk, asking that it guide you towards an element of the natural world (a leaf, a frog, a broken twig, a spider’s web – whatever you feel attracted to,) that will help you to work with each of the following directions on the “All Me First” Wheel. Allow yourself some time with each direction so that you look clearly at the patterns of “All Me First” you have run in your life.

The “All Me First” Wheel



East – I’m Disengaged Unless It’s For Me Ask to be guided to a part of nature that shows you times when you did not have care and concern about another person or your community or life because you felt driven to put your own needs first.

West – I’m Winning For Me Ask to be guided to a part of nature that shows you times when you were focused on winning solely for yourself.

South – My Heart Is Open To Me Ask to be guided to a part of nature that shows you times when your heart was open for yourself but was not open to other people, your community or life.

North – It’s All About Me Ask to be guided to a part of nature that shows you times when your thoughts were all about you and you never concerned yourself with others, your community and life.

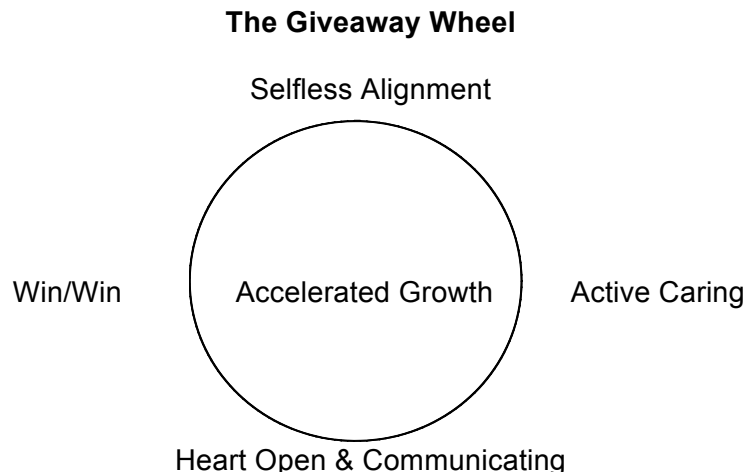
Centre – It’s About My Needs Ask to be guided to a part of nature that shows you times when your drive to fill your personal needs stopped your ability to care for the needs of others, your community or life.

When you are complete with all 5 directions of the “All Me First” Wheel, sit down on Grandmother Earth and ask your inner wise one what you now know about the “All Me First” patterns you run in your life. It may be that you find some consistent patterns in the situations that prompt you to focus on “All Me First”. For example, you may find that when someone else is behaving badly, you tend to disengage from caring about them.

Do any self-forgiveness that needs to be done by putting your hand on your heart and speaking aloud to yourself with kindness and compassion. For example, “I forgive myself for only considering my own needs and forgetting those around me.”

Giveaway Circle

Begin your walk again. Bring your attention down to your navel and send your energy out ahead of you as you walk, asking that it guide you towards an element of the natural world that will help you to work with each of the following directions on the Giveaway Wheel. Allow yourself some time with each direction so that you look clearly at the patterns of Giveaway you have run in your life.



East – Active Caring

Ask to be guided to a part of nature that shows you times when you were actively caring for others, your community and life. Tap the power of those giveaways into your shamanic root of power or your physical center of gravity – 2” below your navel.

West – Win/Win

Ask to be guided to a part of nature that shows you times when you created win/win situations of mutual benefit between yourself, others, your community and life. Tap the power of those giveaways into your shamanic root of power or your physical center of gravity – 2” below your navel.

South – Heart Open And Communicating

Ask to be guided to a part of nature that shows you times when you were in a place of open heartedness and communication with others, your community and life. Tap the power of those giveaways into your shamanic root of power or your physical center of gravity – 2” below your navel.

North – Selfless Alignment

Ask to be guided to a part of nature that shows you times when you selflessly aligned with the needs of others, acting on behalf of others, your community and life. Tap the power of those giveaways into your shamanic root of power or your physical center of gravity – 2” below your navel. .

Centre – Accelerated Growth

Ask to be guided to a part of nature that shows you times when you accelerated your personal growth by doing giveaways for others, your community and life. Tap the power of those giveaways into your shamanic root of power or your physical center of gravity – 2” below your navel. .

When you are complete with all 5 directions of the Giveaway Wheel, sit down on Grandmother Earth and ask your inner wise one what you now know about your own Giveaway Circle (i.e. the acts of service and kindness you have given away to others).

Ask your own inner wisdom what three simple, doable giveaways (acts of service and kindness) you could make for another person, your community or life. Do them within the next month.

Thank all the elements of nature that worked with you on this ceremony and leave the areas you have worked in as natural and beautiful as you found them.

**2012-2013 Gaining Freedom From the Lie of the Ego Ceremony
6th Veil Transitional Ceremony**

The ego is actually necessary for us to be able to survive in our day-to-day world. It takes on the job of protecting us and keeping us feeling safe. However, quite often the ego will lie, cheat, misdirect, maneuver, and manipulate you in order to be successful at this job.

For example, your ego may persuade you to:

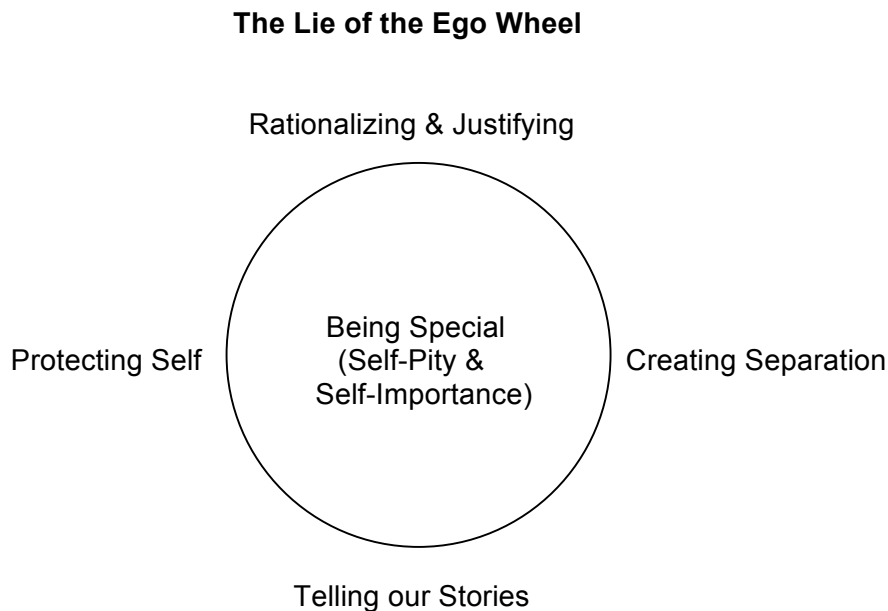
- not study for a test because you really already know a lot.
- not take a test because you couldn't possibly be good enough.
- lie to yourself that you don't need exercise when you already know you do.
- lie to your partner about where you were last night because it would only hurt them.

So the ego should never be in a place of unchallenged command in your life!

The lies of the ego are primarily driven by the ego's self-importance and self-pity. Self-importance is marked by an excessively high self-regard. Self-pity is the reverse, an exaggerated or self-indulgent pity where one believes that they are the victim who has done no wrong.

Most humans suffer from both self-importance and self-pity. Sometimes self-importance conceals self-pity and sometimes self-pity is flavoured with self-importance about how pitiful you are. All of this is the ego's lie, because your true identity is neither important nor pitiful – you are a spirit being in a physical body trying to grow and evolve.

The lies of the ego are sometimes so skilful that we don't recognize them as lies. But the hallmarks of an ego-lie can be seen on the wheel below:



East – Creating Separation

All judgment and comparison fits here. Keeping distance from those we don't understand or who have hurt us is also a way we create distance between self and other. Here's how it may show up:

- I'm better (smarter, taller, better educated, etc.).
- He's wealthy so he'll never be enlightened (compassionate, understanding, etc.).
- You don't share my beliefs so I don't like you.
- I don't like the way you talk to me so I'm not talking to you anymore.

West – Protecting Self

Concern with how you look, coming out on top, being flashy, seeking attention as well as shielding the self through being invisible and attempting to escaping criticism are some of the strategies the ego uses to protect the self. Here's how it may show up:

- I'll sleep with this person who can get me hired.
- I won't apologize because it makes me look weak.
- I won't sing because I don't have a very good voice.
- I will first make fun of her to protect myself from being made fun of.

North – Rationalizing and Justifying

This is where the ego attempts to explain, justify or excuse your behavior or attitude with logical and plausible reasons, even if these are not true. The ego will try to sell you and others on anything. Here's how it may show up:

- I'm always late because I have so much to do.
- I don't have time to be spiritual this week.
- I didn't want that promotion anyway.
- My point of view is the only right one because...
- I had to tear a strip off him because...

South – Telling our Stories

Having and telling our stories keeps us stuck in an old safe zone that the ego knows we have already survived no matter how terrible. Here's how it may show up:

- I can't ever have a relationship again because I was hurt so much.
- I was always a great runner so I don't need to excel in anything anymore.
- My family moved every two years so I can't make friends now.
- My mother used to beat me so I'll never succeed in anything.
- I won the (chess tournament, beauty pageant, lottery etc) so I'm the best.

Centre – Being Special (Self-Pity/Self-Importance)

The two major ways the ego expresses its "special-ness" are (1) holding oneself as better than anyone else, the queen or princess, the king or prince or (2) holding oneself as having suffered the most as a way of being distinct and special. Here's how it may show up:

- I know all of you get 1 cup of cherries, but I deserve 3.
- I need to push to the front of the line because I'm in a hurry.
- I'm really good at this so I don't need to finish it like everyone else.
- I know it's a no-parking zone, but that doesn't apply to me.

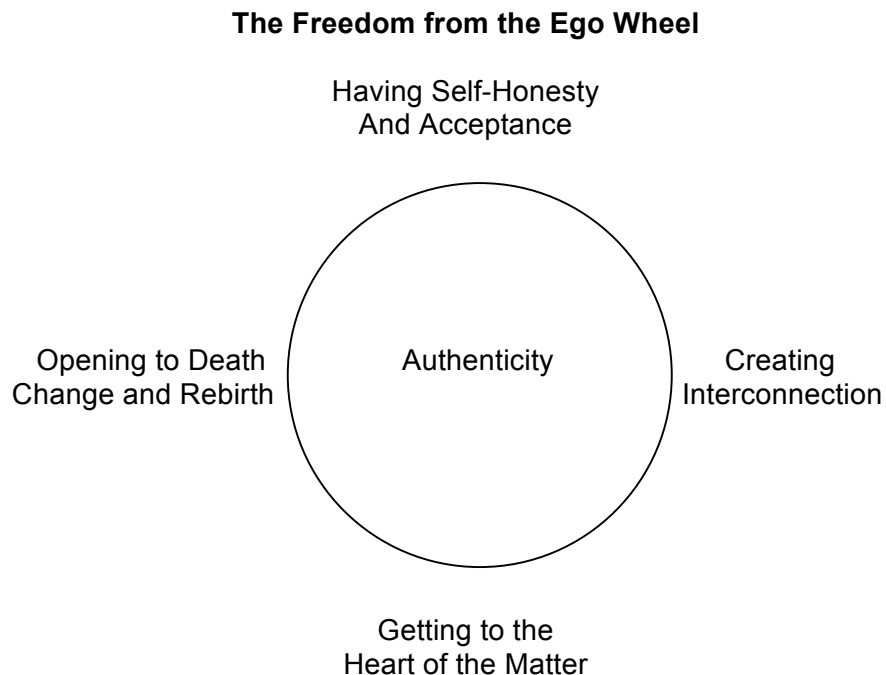
The lies of the ego cover your authenticity like a mask and so prevent you from seeing what's underneath the lies and doing the healing and personal growth work that would give you more freedom.

For example: Not studying for a test because you really already know a lot (ego rationalization) might mask:

- Fear of failure – if you study and then fail you fear you won't survive the impact of the loss.
- Fear of success - if your marks are too good, your friends might not like you.
- A dislike of the material when you have an authentic love for another subject.
- A desire to look really smart when you're insecure about whether you are smart.

If you allow yourself to see through the lies of the ego to whatever issue lies underneath, you can heal the issues that are keeping you enslaved to your ego.

The hallmarks of freedom from the ego can be seen on the wheel below:



East – Creating Interconnection

This is the direction in which you can see spirit in the eyes of another. You recognize the common threads between people and work on tolerance for the differences. You know that our very survival depends on all the other living creatures and elements on earth and you live sustainably so all can thrive together.

West – Opening to Death, Change and Rebirth

In this direction, you know that all things are impermanent and temporary and will pass away. You value what is present now and have flexibility within for the inevitable changes that will come. You grieve without becoming stuck in grief and you apply your energies to re-creating and re-birthing what you desire without any resistance and resentment towards change and you neither blame nor shame yourself and/or others.

North – Having Self-Honesty and Acceptance

Having honesty means you are willing to look at yourself and others and life with honest neutrality. If you do not like what you see, you can still accept it as it is and do whatever change is needed to foster growth and forward movement, even when it is difficult.

South – Getting to the Heart of the Matter

Getting to the heart of the matter means attending to the kernel of 'truth' you discern and not padding it with judgments, opinions, or rationalizations. Once you can neutrally see the kernel of 'truth', you can see what needs to be done.

Centre – Authenticity

Our true identity is that we are spirit beings in physical bodies. The masks, titles, stories, achievements, failures, etc. of our lives are not who we are, it is how we have been learning. Each of us has within our spirit a unique and authentic character. The more we can drop the masks we have been wearing, the more our authenticity shines.

**Gaining Freedom From the
Lie of the Ego Ceremony**

Intent: To free yourself from the lie of the ego which restricts and confines your true spirit and authentic nature.

Materials Needed: A mirror, face paints, facecloth/source of water, 2 candles and candle holders, a lighter, smudge, a room indoors that can be darkened, camera and flash, pen and paper.

Read through the materials on the Lie of the Ego and Freedom from the Ego above.

Set up the mirror and two candles so that you can sit comfortably and see both your face and the flames of the two candles in the mirror.

Smudge yourself and your ceremonial space. Call to the directions of the east, the west, the south, the north, the center, the as above, and the so below and all of the Grandmothers and Grandfathers who stand behind you, asking for their presence and assistance in this ceremony. Make a clear statement of your intent.

Bring your energy down to your Shamanic Root of Power or 1-point (2" below your navel) and summon your inner wise one to direct you in this ceremony. Light the candles.

Lies of the Ego Face Painting

Begin applying the face paints to your face making a mark, design, sigil or other representation on your face for every way the lie of the ego has been present in your life. As you make each mark, make a statement aloud about the lie this mark represents. You can refer back to the wheels and examples of the Lies of the Ego above to help you in this task. Make sure you stay in your Shamanic Root of Power or 1-point so that your emotions don't distract you during this task. Know that the ego doesn't really like to be understood quite this clearly so it might put up a fight on the inside as you work – don't

fight with your ego – try to reassure it that you are doing this ceremony to enhance your ability to safely grow and expand rather than to threaten your survival! Use the light of the candles to cast light on the shadows these lies have created so you can see them clearly.

When your Lie of the Ego face painting is complete, ask your inner wise one to discern what releases need to be made. Do the releases of the lies, the blocks, the resentments, resistances, etc. as needed, by pulling the energy completely out of your body and luminosity, out of your navel, or any other place that you feel it, and cutting it away using your right hand as a knife. Release until you feel complete.

Place your hands on your heart and speak with kindness and compassion anything you need to forgive yourself for – begin with the words, “I forgive myself for...” and continue in this way until you feel complete. Make sure you have compassion for yourself.

When complete, wash the paints off your face, cleansing yourself of your ego’s lies, acknowledging that your ego was trying to protect you with the lies, and stating that you no longer need these lies as your protection.

Freedom from the Ego Face Painting

Begin applying the face paints to your face making a mark, design, sigil or other representation on your face for every way the freedom from the ego is now present in your life – you will be manifesting representations of your true spirit and authentic nature. As you make each mark, make a statement aloud about this aspect of your true spirit and authentic nature. If necessary, you can refer back to the wheels and examples from the Freedom from the Ego above to help you in this task. Make sure you stay in your Shamanic Root of Power or 1-point or so that your emotions don’t distract you during this task. Let the light of the candles help you to see the light you are creating.

When you are complete take a moment to really ‘see’ the luminous nature of your true spirit through this face painting. Make a statement of your full acceptance of this new illumination of self.

Ask your inner wise one – “What are the top three lies my ego tells me, that I must keep in my awareness in order to stay in freedom from my ego?” Write these three lies down so you can refer to them whenever necessary after this ceremony.

Take a photograph of yourself in these face paintings that you can keep on your wall or bedside table to remind you of who you really are.

Clean up your ceremonial space thanking all the energies for working with you and leaving the space in beauty. Sleep in the face painting on the 1st night to allow the energetic representation of your true spirit to be fully present within and throughout your body.

**2012-2013 Apprenticeship Ceremony
7th Veil Transitional Ceremony**

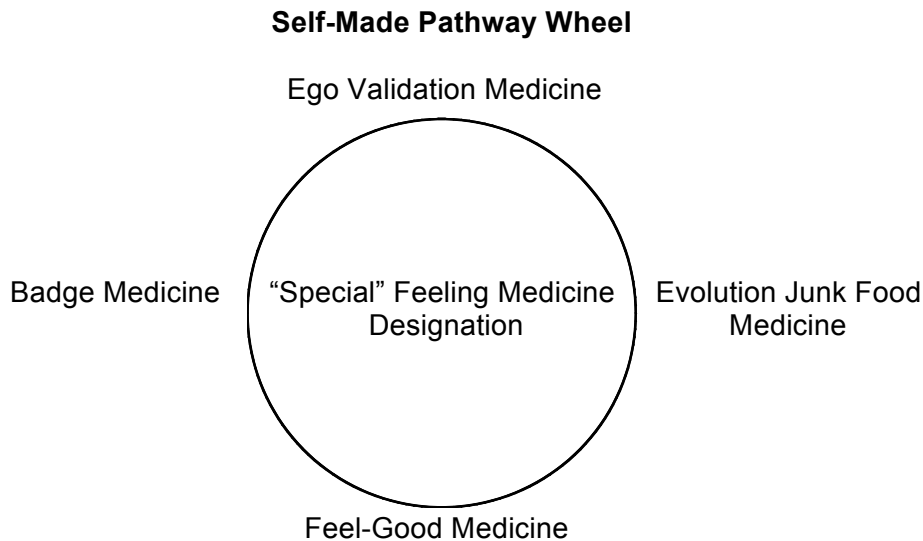
This ceremony marks your personal desire and dedication to do the greatest amount of self-transformation and personal evolution during this transitional time in the Mayan Calendar. The Hopis know this time as the transition into the 5th world.

The ceremony is a 7-month apprenticeship to your dedication to evolution and transformation guided by Spirit through this auspicious time. This ceremony opens the door to finding your personal pathway or, if you know the “path you walk”, to move more quickly on your path, knowing the reasons behind what you are doing.

Lastly, this apprenticeship ceremony helps you cast away any illusions you may have about your path and any place you may be engaging in a way that is not for your highest evolution.

Teaching

Below are two wheels that show the differences between the self-made pathway and the “Spirit guided” apprenticeship pathway.



The self-made pathway is a pathway that often feels better, is easier, simpler, and in some ways may make you feel special as you travel on it. The problem with this type of self-pathway is that often you will avoid growing and transforming (knowingly or unknowingly) because it feels better to avoid the difficult transformations that are needed and required by our Spirit and by life. In this changing time, as the veils thin between the spirit world and the physical world, the edges of light and dark may get blurred so even with the best of intentions you may find yourself on an unproductive path.

South – Feel-Good Medicine

Feel-good medicine is a path that strictly avoids all suffering including pain, sadness and grief. Everything is cast in a positive light which conceals pain, pain tapes and stories that need to heal. On such a path, you believe that feeling good will make up for the pain that you have stored within yourself.

North – Ego Validation Medicine

This kind of medicine is guided by the ego and its defense mechanisms that keep you separate from life and from learning. When you are ego-validated, you listen to the ego or internal dialogue about the past and future. The ego defends, rationalizes and supports your point of view rather than seeing reality for what it is - neutral. In wanting to validate itself, the ego will want to look good and tell the world about itself.

West – Badge Medicine

This kind of medicine is achievement or goal-oriented rather than focused on the process of walking the path and experiencing what you have been guided to do. Badge medicine is a desire to be recognized for what you have done rather than for who you are and how you walk in the world. Badge medicine conceals the feelings of inferiority that you hope will be covered by your accomplishments.

East - Evolution Junk Food Medicine

This kind of medicine is characterized by the consumption of information and experiences that do not bring healing or nurture the spirit. Rather than being nourished by Spirit and engaged on a path of healing and evolution, you are more concerned with looking for the next quick fix and adding to your long list of participations.

Center - Special Feeling Medicine

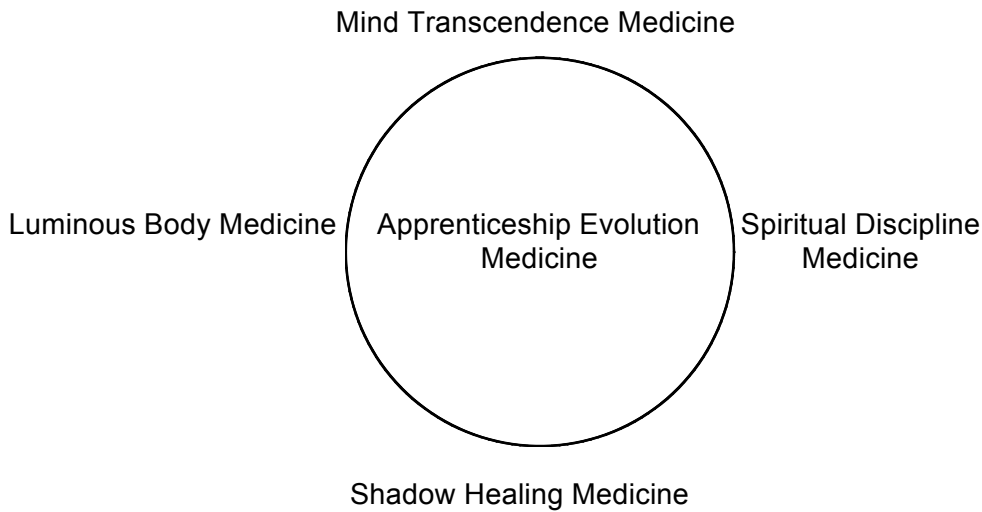
The Special Feeling medicine is practiced by those who have a need to be seen as special or as having special gifts and talents. You seek to be noticed and recognized for your gifts. If you are not validated by the group as “special”, then you will not return to that group and will continue to seek out others who will reflect your “special-ness”.

**The Apprenticeship Pathway:
Apprenticeship to Total Transformation to Negotiate the 7 Veils**

The Apprenticeship Pathway is a pathway that allows you to see yourself clearly with all your strengths and weaknesses, your gifts and deficiencies, your successes, and your failures in order to transform and move into 2013 in the beauty and power of your higher self.

The 7 veils represent the challenges we all have as human beings as we negotiate this movement into the next cycle of human evolution. As the veils thin between the worlds we have the greatest opportunity to evolve and heal but also to devolve and harm. Your ability to make good choices is based on whether you are engaging in the self-made pathway of feeling special and feeling good or the apprenticeship pathway of meeting challenges and being guided by Spirit.

The Apprenticeship Pathway Wheel



South – Shadow Healing Medicine

Shadow healing medicine starts with having the awareness that you are a feeling and sensing human being and that your heart is meant to be open, to be able to feel and to touch and be touched by life.

When you close your heart or cover it up, this becomes part of your shadow. It compromises your ability to experience all the richness, the colours, the subtleties, and the magnificence of life.

When you walk an apprenticeship pathway seeking to heal the shadow within your heart, you dedicate yourself to healing your heart so you can show your authentic self and give your spirit heart to the world.

North - Mind Transcendence Medicine

Mind transcendence medicine starts with knowing that the mind is brilliant but that it can also be manipulative and dedicating yourself to the full transcendence of the manipulations of your mind and your ego.

The ego is one of the ways your mind tries to distinguish you from the collective. It is a by-product of human evolution. The ego involves itself with defending your personal point of view and self-importance. This leads to self-righteousness and feelings of being separate from others.

Mind transcendence medicine is about first knowing this and then quieting the ego and restricting its influence. It is about knowing that you are not your ego. As you transcend your ego's need to be important, what appears is a quiet, neutral, curious, open, and inquisitive mind. This is how one is able to be fully present in the moment – how to live in “being” and not in “thinking”.

West – Luminous Body Medicine

Luminous Body Medicine starts with the awareness that you are more than just a physical body. You also have a luminous or light body known as the auric field.

Our journey as human beings is not only to increase our awareness of our luminous body but also to get our physical body to become the luminous body.

The first step is to heal your body, mind, emotions, and spirit. As you heal, your body becomes freer and lighter. When you get to the place where you can say, “I feel great in my skin”, you have taken the next step of becoming more aware of your luminosity. Then the following step is to become guided by your luminous body, which contains your spirit and your immortal self, and to express your luminous body in this world.

East – Spiritual Discipline Medicine

Spiritual discipline medicine starts with the study and pursuit of spiritual knowledge that leads to your evolution and transformation as a human being.

Engaging in this medicine allows you to uncover the incredible spirit you are. While you may find this medicine in a book, it is only transformative if you actively engage in the spiritual process. Discipline in this case means integrating your spiritual evolution and transformation into your everyday life.

Center – Apprenticeship Evolution Medicine

Apprenticeship evolution medicine is a lifetime walk.

You have a knowing that the journey is infinite and you have the dedication and commitment to stay the course.

This medicine helps you to find the purpose of this incarnation, to see your life’s purpose through and to also have the personal power to transcend the cycles of reincarnation.

The Apprenticeship Ceremony

This ceremony begins at sunset and may take until sunrise to complete. Wear clothing that is suitable for the environmental context. Bring paper, pen, flashlight, tea candles in glass candle holders, a lighter, smudge (aromatic sage) and a bowl to burn it in, and a mirror (12-inch by 12-inch is ideal but use whatever large mirror you have). Bring one object that you have in your life that you consider to be a power object. It could be a staff, crystal or animal representation. Find a place in nature that calls to you and is safe. Ask permission of the spirits to do ceremony there.

Light your smudge and state your intent to Spirit that you will release anything that keeps you stuck on the “Self-Made Pathway” and that you will accept and commit yourself to a 7-month apprenticeship to self and Spirit. Ask Spirit for the support you need in working through this ceremony. Smudge yourself, tools and the space where you will be doing the ceremony.

Prop the mirror up so that you can see your face when you look into it. Place 2 lit candles – one on the left and one on the right side of the mirror so that you can see them in the mirror when you look at your face.

South

Begin in the south of the Self-Made Pathway. The medicine here is Feel-Good Medicine. Dream or meditate into the mirror. When you feel that you have let go of your thinking mind, place your hands over your heart and feel. When you feel your heart, begin to ask the questions below and any other questions that arise. With each answer, pull that energy-memory out of your heart and release it into the candle flames.

- When was a time when you put a positive spin on something awful?
- When was a time that you tried to help someone else avoid feeling something painful or difficult?
- When was a time that you would not allow yourself to feel your own pain and suffering?
- When was a time that you did not allow yourself to feel?
- When was a time that you 'medicated' your emotions?
- When did you act openheartedly knowing it was only an act?
- When, did say that you loved something, when you really didn't, in order to please others?
- When was a time that you avoided an unhappy person?

When complete, move on to the south of the Apprentice Pathway to Shadow Healing Medicine. Dream and meditate into the mirror. Begin to ask the questions below and any other questions that arise. With each answer, reach for the candlelight energy and place that energy into your heart. Do this for each one.

- When was a time that something healed in your heart?
- When was a time that you let go of a painful part of your past?
- When was a time that you transformed a fear into a strength in your own being?
- When was a time when you no longer "took on" other people's emotions?
- When was a time that you could love without attachment?
- When was a time that you felt your heart open?
- When was a time that you were able to accept someone's love for you?
- When was a time that you loved what you were doing?
- When was a time that you loved yourself?

When complete, stand up and open your heart and arms to the universe and feel the love of the universe in your heart.

North

Move to the north of the Self-Made Pathway. The medicine here is Ego Validation Medicine. Dream or meditate into the mirror. When you feel that you have let go of your thinking mind, place your right hand on the top of your head and left hand on your throat (the expression of your ego). Begin to ask the questions below and any other questions that arise. For each memory, release by sweeping from your head, down your face and neck and throw it into the candles. Do this for each one.

- When was a time that you made yourself seem important in a conversation with others?
- When was a time that you made yourself "important" in your own mind?
- When was a time that you took someone else's spotlight?
- When was a time that you put someone else down?
- When was a time that you felt you were better than someone else?
- When was a time that you hung around with people just to validate your ego?

- When was a time when you hurt someone with words or actions?
- When was a time that you gossiped about others?
- When was a time that you put yourself down?
- When was a time that you lied (for any reason)?
- When was a time that you exaggerated?

When complete, move on to the north of the Apprentice Pathway.

In the north of the Apprentice Pathway is Mind Transcendence Medicine. Dream and meditate into the mirror. As you remember each memory, reach for the candlelight energy and tap it into your 3rd eye (in the middle of your forehead). Do this for each one.

- When was a time that you stood in perfect neutrality?
- When was a time that you were able to forgive and let go?
- When was a time that you knew your ego was present?
- When was a time that you knew your ego was present but didn't allow it to direct your choices or actions?
- When was a time that you were able to speak your truth?
- When was a time that you were able to listen to someone else's story without needing to tell yours?
- When was a time that you were able to silence your internal dialogue?
- When was a time that you didn't need to be right?
- When was a time that you could agree to disagree?
- When was a time that you were able to be silent and simply witness?
- When was a time that you let others go before you?
- When was a time that you stood up for someone else, even though it was unpopular?
- When was a time that you disagreed with a judgment from your own ego?

Speak 4 statements aloud about what you now know about your transcended mind.

West

Move to the west of the Self-Made Pathway. The medicine here is Badge Medicine. Dream or meditate into the mirror. When you feel that you have let go of your thinking mind, place your right hand just above your left breast. Begin to ask the questions below and any other questions that arise. For each memory, release by pulling the "badge-energy" off your chest and throwing it into the candlelight. Do this for each one.

- When did you look for recognition and acknowledgment from others?
- When was a time that you identified yourself by "what you do" rather than "who you are"?
- When was a time that you bragged to others?
- When did you exaggerate your success?
- When did you take on a mantle or position of authority that was not yours or that you had no training in?
- When did you lie to get ahead?
- When did you use someone else's "identity" to benefit yourself?
- When were you motivated by reward and prestige, rather than the opportunity?

When complete, move on to the west of the Apprentice Pathway.

In the west of the Apprentice Pathway is Luminous Body Medicine. Dream and meditate into the mirror. As you remember each memory, reach for the candlelight energy and sweep it up your body, taking in the light. Do this for each memory.

- When was a time that you were able to feel your body as being part of “the everything” (the universe, the cosmos)?
- When was time that you felt your body to be alive and vibrant?
- When did you thank your body for housing your spirit?
- When did you see something all the way through, with no attachment for any reward?
- When did you stay present and in the moment?
- When did your body come through for you?
- When did you feel your body on the ground and the air in your lungs?
- When did your body support your dreams?
- When did you use your hands in a loving touch with another?
- When did you teach another what you know?
- When was a time that you succeeded when you thought you would have failed?
- When did you give yourself some downtime and some dreamtime?
- When were you surprised when someone acknowledged you?
- When was a time that you chose health over sickness?

When complete, stand up and allow your skin to expand to the edges of your luminosity and feel the brightness and energy of your luminosity.

East

Move to the east of the Self-Made Pathway. The medicine here is Evolution Junk Food Medicine. Dream and meditate into the mirror. When you feel that you have let go of your thinking mind, place your hands 2 inches below your navel on the spot known as your shamanic root of power or the center of your universe. Begin to ask the questions below and any other questions that arise. With each answer take the energy out of your shamanic root of power and throw it into the candlelight.

- When was a time that you heard spirit and didn't listen to spirit's guidance?
- When was a time that you knew you needed to change but didn't follow through?
- When was a time that you knew to ask Spirit for help but didn't?
- When did you need spiritual guidance but not seek it?
- When did you get excited about spiritual knowledge but did nothing with it?
- When was the last time you read a self-help book only to do none of the exercises?
- When did you commit to something and then quit when it got difficult?
- When did you walk away from an experience because you became afraid of the outcome?
- When was a time you used Spirit only because you were desperate?
- When did you exchange commitment for excuses?
- When was a time that you believed that everything was in perfect synchronicity but it didn't work out?
- When did you do workshop after workshop without seeing any personal transformation?
- When did you negotiate (offer a trade) with Spirit for a better outcome?

When complete, move on to the east of the Apprentice Pathway.

In the east of the Apprentice Pathway is Spiritual Discipline Medicine. Dream and meditate into the mirror. As you recall each memory when you felt Spirit's presence, take the light from the candle and tap it into your shamanic root of power, 2 inches below your navel. Do this for each memory.

- When was a time that you felt Spirit-guided?
- When was a time that you gave yourself permission to connect with Spirit regularly?
- When was a time that you allowed yourself to believe that there is a Great Spirit?
- When was a time that you had pure intentions and followed them up with action?
- When was a time that you changed and it was difficult but you did it anyway?
- When was a time that you prayed for others?
- When was a time that you took the high road even though others didn't?
- When was a time that you helped someone as a giveaway?
- When was a time that you took a timeout to review your life and to see what was next?
- When was a time that you embraced change?
- When was the last time you thanked the morning for appearing?
- When was the last time you blessed and thanked the food you were eating?
- When was a time you gave thanks for no reason?

When complete, stand up and breathe the earth energy up your body beginning with your feet and moving up to your shamanic root of power, then up to your heart and then exhale the energy out your crown chakra (on the top of your head) to Great Spirit.

Center

Move to the center of the self-made pathway. The medicine here is Special Feeling Medicine. Dream or meditate into the mirror. When you feel that you have let go of your thinking mind, place your hands on your face, covering your eyes as you answer the questions below. Begin to ask the questions below and any other questions that arise. With each answer grab the energy from your face and throw it into the candlelight. Do this for each one.

- When was a time that you gave yourself a new title to fit in as someone special?
- When was a time that you manipulated a situation or others to get accolades?
- When was a time that you exaggerated your success?
- When was a time that you did more than was necessary in order to be praised?
- When was a time that you were a "brown nose"?
- When was a time that you hung with only those who praised you?
- When was a time that you were motivated by praise?
- When did you proclaim your faith solely to align with others?
- When was a time that you rattled off all your certifications and trainings?
- When was a time that you created competition with another in order to beat them?
- When was a time that you were not acknowledged and it made you angry?
- When was a time that you got upset because someone took your spotlight?
- When was a time that someone cut you off and you got angry?
- When did you seek revenge?
- When did you blame your problems on your family, siblings, or others?
- When was a time you felt like everyone else and you hated it?

When complete, move on to the center of the Apprentice Pathway.

In the center of the Apprentice Pathway is Apprentice Evolution Medicine. Dream and meditate into the mirror. Take the light from the candle into your hands and then breathe it in fully, as if you were inhaling the light. Do this for each memory.

- When was a time when you had to make a total life change and you made it?
- When did feel that “edge” of opportunity and expansion and still jump?
- When did you find your path and feel that this is the right path for you?
- When did you discover your dream and vision and embrace it?
- When was a time that you knew what you had to do and then did it?
- When did you embrace all of your past?
- When did you decide to live a lifetime of healing yourself?
- When did you decide that you were willing to honour yourself and your own unique journey?
- When did you feel alive and connected?
- When was a time you heard your own spirit voice?
- When have you walked in your full power?
- When have you guided another into their healing?
- When was a time that you were committed to yourself and your journey?
- When was a time that you committed to something that excited and scared you?
- When was a time that you surrendered to your evolution?
- When was a time that you knew that you would never turn away from Spirit again?

When complete, sit and look at yourself in the mirror and witness yourself committing to your apprenticeship to your Spirit and to Great Spirit. Speak your apprenticeship vow aloud in a voice of power. Continue to look at yourself in the mirror until your face begins to disappear and you have the feeling of your spirit-self apprenticed.

Thank all the spiritual energies that assisted you. Give thanks and leave the space better than you found it. This apprenticeship is for seven months to assist you in your evolution and growth during the 2012-2013 transition into the next world.