

Sacred Guide

Medicine Wheel Workshop Three



The South

Path of Intuition and Awakening of Perceptions.

Workshop Three: The South

"Oh, energy of the South, where the Sun shines down upon us."

"Come with your warmth and energy and quicken the seeds of our new life; come with the life-giving heat of your fire to thaw all that is frozen and trapped within us; come with the melting release of your healing waters, cleansing away the staleness of our spirits, the winter debris of our hearts. You are the liberation of the land from winter's grip; you free us from our own stagnation. You are the bright spark of life and inspiration that burns in us all. Be the hearth fire at the centre of our homes and hearts, sustaining and warm-ing, a place to gather and draw inspiration, nourishment and comfort. Be the fire of pas-sion that animates our creativity that we might create our world anew, that we too might become the spring. Goddess of the Sacred Flame and the Healing Waters, bless us!" ~ Invocation to Brigid, Maria Ede-Weaving ~



Notes for Participants:

The South is your outer life. It's the present – what you are doing in the now. It can be thought of as the time when the young plant that sprouted from the buried seed reaches towards the sky. The roots of the plant have grown deep, its branches are strong, and its leaves and petals grow full as the plant has been nurtured by the warmth of the sun. Fire is the element of the South direction, its season is Summer, and its cycle of the day is noon. The colour of the South is red: the fire of the blood of life, of the fires that burn with-in; the colour of passion in all things: sex, fertility, and mating.

Our time in the South is a time of rapid activity and learning, when we look outwards to see the wonders that surround us. We eagerly explore the many things the world has to offer and stride forward with confidence in our ability to handle anything that comes our way.

The South represents your mental self: the time when you learned to use the abilities of your mind to bring ideas into manifestation. As we walk in the South, we feel the full en-ergy and power of the earth. We revel in our own strength and grow into our power, tak-ing the lessons we have learned thus far and bringing them into fulfilment.

A journey to the South teaches you to face your thoughts and dreams and bring them into physical reality. You come to understand the power you possess and learn how to mani-fest that power in ways that will make your dreams come true in the physical world.

It is the time of mid-day, the hottest part of the day when the sun is overhead and no shadows are cast. This is when we have matured and grown into an adult, to be who and what we are as we rise from the flames of our childhood like a phoenix. It is the time to accept this change, to learn and understand. The Animal Guardians of the South are the Lion, Mouse, Tiger, Deer, and Butterfly. The stones of the South are Topaz, Yellow calcite, Limonite and Honey quartz.

In this workshop, you will ...

- Connect to your feelings as you sense your way into the essence of Fire associated with the Sun that resides in the South direction.
- Enter into a guided imagery experience to find your internal fire and be taught by the flames and smoke. Here, you will have the chance to listen to your own internal sound of crackling fire. You will be invited to see the internal red glow of dancing flames, smell the luscious smoke, and invite your internal visitors to join you.
- Go on a trail in the South Direction into the woodland to find a place amongst trees to gather wood and sit in contemplation.
- Engage in personal development and develop self-awareness through your connection with Totem animals linked to the South Direction, while working with the element of Fire.
- Get a chance to explore nature and learn how to build a fire.

Note

I have drawn from the work of Steven and Renata Ash, my teachers, and Kaleo Ching who has developed amazing work and lives in America. He has communicated with me via email and Facebook and supports the workshops, understanding that my perspective will be influenced by his workshop manuals although I may not follow them exactly. I have also been influenced by James Sam and Kathy Callahan, whose philosophies and values have guided my own personal development as well as the workshop programmes.

References

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