

## CALLING IN THE DIRECTIONS OF THE ARCH MEDICINE WHEEL

By Heather Ensworth and Kristina Lea

Smudge or allow any distracting thoughts or stress to flow down your body into the Earth. Attune to the energies of the Earth and allow the Earth to ground you and support you. Open your crown chakra to the energies of the sky to support you and guide you. Let these energies meet at your heart. Then enter the medicine wheel in the South.

**SOUTH** -- We call in the energies of the south and the energy of air. We call in the energy of **Alignment** to help us to drop into to inner stillness and into this present moment and to remember who we truly are and our interconnectedness with all that is. Help us to connect with our witness selves and to not feel caught up in the story and drama of our lives. Come and be with us and hold us in sacred space.

**WEST** -- We call in the energies of the west and the energy of water. We honor the energy of **Relationship**, of loving and being loved, and of living from the heart. May we remember that we are not alone, and that we are held in the love of the Cosmos. May the energy of the west come be with us and hold us in sacred space.

**NORTH** -- We honor the energy of the north and of the element of fire. We honor the energy of **Consciousness** and the importance of being aware and seeing ourselves and our lives with clear and open eyes. We hold with compassion all of the parts of ourselves— those known and unknown. Come and be with us and hold us in sacred space.

**EAST** -- We call in the energies of the east and the element of earth. We honor the energy of **Healing** and of stepping into the freedom to be our true selves. We open ourselves to the healing energies of the Earth and sky and all of the ways of healing that are available to us. May these energies come and be with us and hold us in sacred space.

**CENTER** -- We honor that still point in the swirling universe and that center of stillness within our hearts. May your energy hold us in alignment with Spirit and help us stay centered and connected to Source and support us in stepping into the fullness and wholeness of who we are. Come and be with us now.

**EARTH** -- We honor you Mother Earth for all of your gifts. Thank you for your nurturance and your love. Please ground us and hold us in sacred space.

**SKY** -- We honor the energy of the sky, of the Sun, Moon, planets and stars. Thank you for bringing us your wisdom and your guidance. Thank you for bringing your light in the times of darkness. Please come and be with us and hold us in sacred space.

We are now in safe and sacred space, held in the healing container of the medicine wheel.