

## Letter of Intention 2<sup>nd</sup> worksheet 2008

Hi My Friend!

It is time for our next celerity of intention assignment.

Before we begin with the next assignment, I want to talk about one of the indigenous traditions that I have used for a couple of decades as a tool for celerity The Native American Medicine Wheel. The medicine wheel appears to be a tool that has been used around the planet for centuries. While it is interpreted in different ways depending on the tradition, it is an ancient archetypal tool. I have included a very interesting website that has a detailed map of the medicine wheel and it's meanings as interpreted by the Ojibway people. I invite you to sign on and explore the meanings of the directions. <http://www.geocities.com/RainForest/Canopy/1835/wheel.html>

In the Ojibway interpretation, we begin in the Direction of the North. **The North is the direction of Spirit.** It is the direction of our ancestors. It represents our relationship with "Great Spirit" or the Divine. It is our relationship with our spiritual self and our spiritual nature.

We are all in the great opportunity of spiritual evolution. Right now we are being asked to look into our selves and find anything that is in the way of our own enlightenment. Everyday we are being shown what we carry in the backpack of our thoughts, emotions and physical world. Many of the things we carry in that backpack are too heavy to allow evolution to take place. So, we get to explore. When we discover that which is too heavy, we have the opportunity to choose. Do you want to continue to carry something that impedes your evolution? Or will you be willing to let go, to surrender that which is too heavy? Sounds like an easy choice doesn't it? Well, let's do some exploring and see. Just remember, it can be as easy as you make it.

**East is the Direction of Illumination.** It is the direction of Seeing from a Higher perspective. It is the direction that represents our thoughts. The Eagle is the animal that represents the direction of the East. Imagine that you are the Eagle. Imagine that you can fly high above your life. Imagine that you can witness from a higher perspective, what is happening in your experience. Imagine that you can see beyond this moment. Imagine that you can see the highest possible potential of any experience you are in. Take a moment to release all judgment and replace that judgment with acceptance and compassion. I ask you to do this because our three dimensional judgment is too heavy to take into our spiritual evolutionary process. Three dimensional judgment is based on opinion. It is not an accurate assessment of any person or situation. It is based on personal opinion of who is right and who is wrong. Of what we perceive as good and bad. It is a heavy process because it takes too much of our spiritual juice to debate. Acceptance is what we shift to. Acceptance is simply taking a look at "What Is." Example: It snowed today! It isn't good snow or bad snow. It simply snowed today. Now, let your mind go into the debate of Good Snow vs. Bad Snow. I'll help you just a tad with some examples of Good vs. Bad debate. "Well, it's good snow because we need the water." Right? OK, "It's bad now because there were car accidents resulting in the snowfall and some people lost their lives." Or, "I had to shovel the snow and got a bad back because of it! Bad Snow!" Just play with the debate for a minute and see how much energy you can put into the Good vs. Bad debate. Really let yourself feel the tension you can create around something as benign as snow. Imagine the kind of energy you can put into something a little closer, like, relationship issues or anything that has the ability to push your fear button.

**South is the direction of our emotions, and our feelings.** Interesting that the animal that represents the is the Coyote. This is the animal that holds divine humor. It is the trickster. I think this is appropriate because, my friend, what you think is the indicator of how you feel. How you feel emotionally and eventually how you feel physically.

**West is the direction of Introspection.** This direction represents our physical world. The Animal that represents this direction is the Bear. The bear goes into hibernation to renew and regenerate. The bear gives birth during this hibernation. I believe we are all in need of some deep introspection as we enter this paradigm of Spiritual evolution. Let me lighten that up just a bit. Deep introspection is similar to cleaning the closets in your house. Maybe looking under the bed or finding where that smell is coming from. And, in short getting rid of what no longer serves you and that which is making your life experience uncomfortable. It is also action. If you want to change your life you will always be asked to shift behaviors.

Now, let me condense.

1. We are all sitting in the direction and the lessons of the North, that of spiritual evolution.
2. In this direction, we are asked to witness our thoughts. Our thoughts represent the direction of the East. What are you thinking? What do you think about yourself? About others? About life? About anything that has heart and meaning for you?
3. What you think directly affects how you feel. If you are feeling angry, sad, lonely, happy, joyous, excited and so on and so on. What you are feeling is directed by what you are thinking. So, it makes sense to pay attention to your thoughts.
4. What you are thinking and how you are feeling will manifest in a physical form. The Direction of the West represents your physical reality. And, how you react or respond to the physical world.

Now, Here's your assignment

Accountability and Acceptance:

In your first assignment you were asked to Reflect on your past year. To notice any common themes that have reoccurred during your life. You were also asked to Make a list of 5 people who have made a positive difference in your life and to list the qualities in those people that you admire. Then you were asked to make a list of dreams and desires that you would like to manifest in your life.

- A. What is your internal dialogged? Is it affirming? Is it abusive? Is it creative? Is it shaming? Is your internal dialog moving you towards your dreams and desires? Or, is it participating in the reoccurring themes that you have identified?
- B. If you have decided that you want to participate in creating your dreams and desires, how do you need to change your internal dialog? What do you need to change it to? Take some time in your journal to write down the negative self talk you have identified. Now take some time to be creative. What are you willing to change it to?
- C. Now, go back and circle or highlight the qualities that you identified in the exercise of the 5 people who have made a positive difference in your life. Are these qualities that will assist you in the shift you are creating?

Any Quality you notice about anyone else is a quality that you have within yourself. For example: Lets say that you have listed spirituality, or compassion, or courage on the list of qualities that you admire about someone that has made a positive difference in your life. Well, the truth is that you have those qualities within yourself, and I think you are being asked to develop them even further than you have already. Would developing these qualities be a positive step in the direction of manifesting your dreams, goals and desires?

If you consciously shift your self talk to positive and affirming dialog, can you see how it would positively impact every area of your life. Especially those areas that you have targeted to shift? If you consciously shift your self talk, would it be easier for you to follow through with behavior changes? And, would you start to feel better? About yourself? About your life? About your relationship? In short it is very true that if you want to change your life, begin by changing your mind. I am not asking you to ignore things that you need to confront. I am simply asking you to take the first step in being accountable for how you are contributing to the creation by paying attention to what you are thinking. If you want to create a positive shift, look at solution thinking.

Well, that feels like enough for now. Any questions? Email me back. I would love some input. Next time we will look more at the emotional and physical part of the process. If you are paying attention, as you change your thoughts you will also notice your emotions will begin to shift as does behavior characteristics. More to come...

