

Medicine Wheel / Apprenticeship to Mother Earth

This workshop is an ongoing, weekly class given at Lindamarie's shop, Trinity Point, throughout the year. Traditionally, your birthday would indicate where you would begin on the Medicine Wheel. To be more practical, it has been laid out for everyone to begin at the same time. This allows us to approach it as a group. Feel free to join any time.

In lakesh, al laken (I am you, you are me)
Lindamarie Hill, Grandmother Butterfly

Outline of the curriculum for the year:

1. There is a weekly lesson with a focus on a particular animal, mineral or plant totem. There will be teachings regarding each of the moon phases. There are, offered for the local people in the Plattsburgh area, meditations in person. The meditations will be sent out to those in other areas. This will be soon offered through an online class. At the moment it is offered by email.
2. There is a donation of \$10 per lesson. The purpose of the donation is to compensate for the time, energy, organization and materials. The secondary purpose of the donation is to anchor your intention to learn and heal in the physical realm. This is also to devote energy to the creation of a positive energy of abundance and prosperity.
3. Anyone who lives on the American continents is rooted in the Native cultures. It matters not what our ethnic heritage may be. We are now children of this land and are being asked to honor both our own cultural heritage and the teachings of the native peoples. It is time to remember how to live in the sacred circle of life. We are also being asked to share these teachings to help assist in fulfilling the message of the Four Hummingbirds-that tells of the coming together of the four races of humanity.
4. The amount of time each person devotes to the teachings and meditations is up to the individual. I have been asked to do this to help renew the web of life. Each of you have been working on this yourself in various ways and my intention is to connect you. This connection will amplify the energy of what we are doing exponentially.
5. The lessons will include basic information based on the teachings of Sun Bear, Jamie Sams, Twylah Nitsch, Mayan Elder Hunbatz Men, Maestro Domingo Dias Porta, Bolivian Shaman Chamalu, sacred chants and prayers and on my own teachings from Grandmother Butterfly.
6. The meditations and exercises will include: Shape Shifting, Soul Retrieval, Shamanic Journeying, Creating the Garden of the Heart, The Life Dance of Being, Repairing the Broken Heart, Healing Trauma to name a few.
7. This honoring of the earth and all her inhabitants is ongoing and people may join at any time. There will be CD's / DVD's of some meditations.

Outline for the year:

The first three months is the Spirit Path of the North, the time of rest and renewal and preparation for spring.

December 21, 2004:	Solstice Opening Greeting and Prayer
December 22, 2004:	Earth Renewal Moon
December 27, 2004:	Snow Goose and quartz
January 3, 2005:	Birch tree and flicker
January 10, 2005:	White Buffalo -color white
January 20, 2005:	Rest and Cleansing Moon
January 25, 2005:	Otter and silver
January 31, 2005:	Aspen and sturgeon
February 8, 2005:	Raccoon and color silver
February 19, 2005:	Big Winds Moon
February 24, 2005:	Cougar and turquoise
March 3, 2005:	Plantain and Brown Bear
March 10, 2005:	Color blue-green and Earthworm
March 16, 2005:	Dolphin

We move on the Medicine Wheel to the East-the Eagle and Spring

March 21, 2005:	Budding Trees Moon begins, but lesson on the full moon March 25
March 28, 2005:	Red Hawk and Fire Opal
April 8, 2005:	Dandelion and Raven
April 14, 2005:	Color yellow and Hummingbird
April 20, 2005:	Frogs Return Moon begins, but lesson on the full moon April 24
May 2, 2005:	Beaver -chrysocholla
May 8, 2005:	Blue Canas and Snake
May 16, 2005:	Color blue and Owl
May 21, 2005:	Cornplanting Moon, but lesson on the full moon May 23, 2005
May 30, 2005:	Deer-Moss Agate
June 6, 2005:	Yarrow and Elk
June 13, 2005:	Color white and green and Firefly

Move to the South Path of the Medicine Wheel

June 21, 2005	Strong Sun Moon, lesson on the full moon June 22, 2005
June 27, 2005	Flicker-Carnelian
July 6, 2005	Wild Rose and Snow goose
July 13, 2005	Color pink and Wolf
July 23, 2005	Begins Ripe Berries Moon, but lesson on the full moon July 21
July 25, 2005	Sturgeon, garnet and iron
August 5, 2005	Raspberry and Otter
August 12, 2005	Color Red and Salmon
August 23, 2005	Begins Harvest Moon, lesson on the full moon August 19
August 25, 2005:	Brown Bear and Amethyst
September 3, 2005:	Violet and Cougar
September 8, 2005:	Color Purple and Wolf

We move to the Medicine Wheel path of the West

September 23, 2005:	Begins Ducks Fly Moon, but lesson on full moon September 18th
September 26, 2005:	Raven and Jasper
October 3, 2005:	Mullein and Red Hawk
October 10, 2005:	Color Brown and Mouse
October 17, 2005:	Full moon intro to Freeze Up Moon beginning October 24, 2005
October 24, 2005:	Snake, Copper and Malachite
November 2, 2005:	Thistle and Beaver
November 7, 2005:	Color orange and Ant
November 16, 2005:	Full moon intro to Long Snows Moon Beginning on November 22nd
November 21, 2005:	Elk and Obsidian
December 1, 2005:	Black Spruce and Deer
December 12, 2005:	Color Black and Whale
Finish with a Full Moon Meditation on December 15, 2005	

This outline is tentative and may be adjusted by the direction of the Great Spirit.