



LESSON 8



Calling In Sacred Medicine Space

The arm positions to call in the first four directions are:

One hand over your heart, one arm extended out with palm facing toward the direction you're calling.

After you receive their presence,
Place both palms together in prayer
mudra in gratitude.



After opening your personal space, turn first to the SOUTH to call in the GREAT SERPENT. Place one palm on your heart and the other extended arm with palm facing toward the South to call her in.

Note: Calling in Sacred Space does not have to be exactly with these words. See the video attached. But it is done in this order:

South first - call in Great Serpent and the element of Fire

West - call in Mother Jaguar and the element of Water

North - call in Royal Hummingbird and the element of Earth, and with it our benevolent ancestors

East - call in Great Eagle or Condor

Below - Call in Pachamama

and last, Above, to seal the bubble, call in Grandfather Sun, Mother Moon, Cosmic brothers and sisters, and invite Great Spirit.

South:

“Serpent: Mother of the Waters; archetype of the healer throughout many cultures; the one who teaches us to shed our personal past the way she sheds her skin -- primary life force, the one who dives deep, deep - who knows the way into the deepest places inside of ourselves - the One who walks with beauty on the belly of the Mother- the One who knows the way back to the Garden, the place of innocence”.

Feel her wise presence, and with it bring in the warmth and transformational energy of the element of Fire. This energy protects your South and brings to you the strength, passion, and fierce transformational changes you need in your daily life, such as shedding what no longer serves you.

Show your gratitude by putting your hands together in prayer pose, incline your head acknowledging their presence.

Next, we call in the flowing essence of the element of water and Mother Jaguar.

Turn to the West to call in
MOTHER JAGUAR. Place one
palm on your heart and the
other extended arm with palm
facing toward the West to call
her in.

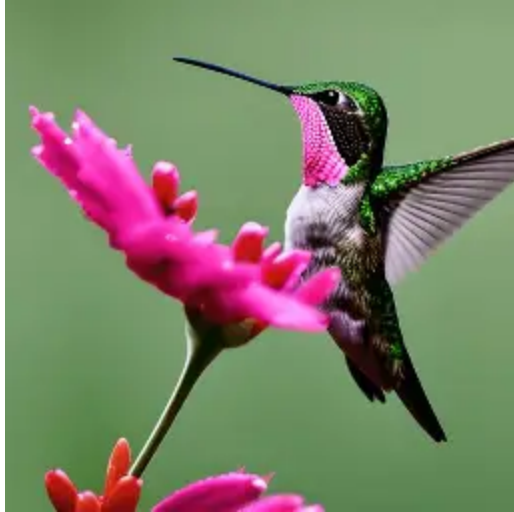


“Jaguar: Mother-Sister Jaguar who knows the way across the rainbow bridge to the world of mystery- the One who swallows the dying sun, teaching us to step beyond fear, violence and death. The archetypal connection to the life force of the jungle, everything that is green; steward of the life force - Luminous Warrior who has no enemies in this world or the next -represents the Life/Death principle and renewal.”

Feel her protective mother presence bringing you courage and with her, the presence of life-giving water. Water reminds you to live in flow, allowing, accepting, and trusting. They protect your West.

Show your gratitude by putting your hands together in prayer pose, incline your head acknowledging their presence.

Next, we bring in the grounding energy of Earth and the royal hummingbird.



Turn to the North to call in HUMMINGBIRD. (same hand positions)

“Ancient Ones and Hummingbird: The place of the ancestors, Grandmothers and Grandfathers, ancient memories, ancient wisdom - the Ones who have stepped outside of Time but slip through the veils to help us remember the ancient ways - the way of the Hummingbird, who drinks directly from the nectar of Life -- not built for flight yet undertakes and accomplishes the impossible journey”.

Find a way to bring in the element of Earth also. You can choose the gnome, or spirits of the forest and the mountains. Feel their grounding presence.

Feel and visualize the presence of the royal hummingbird opening a portal to allow benevolent spirits in. Feel the loving presence of benevolent ancestors before moving on. they protect your North.

Show your gratitude by putting your hands together in prayer pose, incline your head acknowledging their presence.



Turn to the EAST to call in GREAT CONDOR OR EAGLE, (same hand positions). You are also bringing in the element of Air.

“Condor or Eagle: The great archetype of the East, the place of the rising Sun, the place of our Becoming -- principle of seeing from high perspective, vision of clarity and beauty, the great wings of the condor hold the heart, teaches us to see with the eyes of the heart – the One who pushes us out of the nest to spread our own wings so that we may always fly wing to wing with the Great Spirit”

Feel the presence of the element of AIR and thank it for your breath, your knowledge and wisdom.

Feel the presence of the Great Eagle bringing clarity. They protect your East.

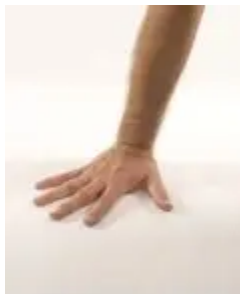
Next, we humbly request to have protection below us from Mother Nature.

Contact the power of the Earth, Gaia, Pachamama: It is important that you reconnect to the power of our Earth. Simply touching the ground with your hands will help to organize your energy in beautiful ways. Our daily work, study often leaves us feeling ragged as if holes have been punched into our energy fields. By placing your hands onto the Earth to fill these ragged gaps and begin to feel whole. The Q'ero

commonly have one hand on the ground when they are sitting tapping into the abundant life force



Place your hands flat on the floor to call in Pachamama, Incan Mother Goddess of Nature.



"We call in the presence and protection of Pachamama, she who nourishes, sustains, and gives us the ability to walk on this planet."

Feel the grounding presence of the ancient, living Earth.



Show gratitude.



Open your arms to the heavens to call in your cosmic brothers and sisters.

"I call upon the cosmic bodies of the universe near us - Grandfather Sun, Mother Moon- Our cosmic families and Great Spirit. Please protect our above."

Feel their peaceful ways surrounding and entering your being.

Show gratitude.