

Soul Guide to Pillar 7



A Spiral Path Medicine Wheel Guidebook

By Simple Earth Rebel

Pillar Overview

All is Connected

You are not separate.

Not from the Earth beneath you,
not from the stars above,
not from the breath of the person beside you.

You are a node in a living web.

A ripple in the water.

A thread in the fabric.

Your joy affects the field. So does your grief.

The tree breathes, and you breathe with it.

You feel a shift in someone you love, even from
miles away.

The science is catching up. The soul already knows.
To remember this is not just spiritual.

It is survival.

It is medicine.

It is truth.

Practices

1. Web-of-Life Meditation

→ Sit in stillness. Visualize threads of light connecting you to all life—people, trees, the sky, the unseen.

→ Whisper: “I am not alone. I am connected.”

2. Relational Journaling

→ Write: “What connections have shaped who I am?”

→ Reflect: “Where do I still carry unspoken threads—gratitude, pain, silence, love?”

3. Earth Offering Ritual

→ Offer something simple to the Earth: a flower, water, song, or stone.

→ Say: “May this honor the web I am part of.”

Reflection Prompts

- When have I felt most connected?
When have I forgotten?
- Who or what do I feel bonded to
that has no words?
- How can I live more in alignment
with the whole?

Closing Whisper

“I am a thread in the living
tapestry.

What I do to one, I do to the
whole.

What I heal within, I heal
beyond.”