



## The Shamanic 9 Directions, with Lisa Ware Yoga 4 Love

East: I CALL IN THE POWER OF THE EAST~ Whatever comes from this direction guides us to our greatest spiritual challenges and guards our path to illumination.

South: I CALL IN THE POWER OF THE SOUTH~ Whatever comes from this direction protects the child within and reminds us when to be humble and when to trust so that innocence will be balanced in our personalities.

West: I CALL IN THE POWER OF THE WEST~ Whatever comes from this direction leads us to our personal truth and inner answers. It also shows us the path to our goals.

North: I CALL IN THE POWER OF THE NORTH~ Whatever comes from this direction gives us wisdom and reminds us when to speak and when to listen. It also reminds us to show gratitude for every blessing each day.

Above (Father Sky): I CALL IN FATHER SKY~ Whatever comes from above teaches us to honour the Great Star nation (all heavenly bodies and the spirits that come from the heavens). This direction reminds us that we come from the stars and will return to the stars. Our guardians of the Dreamtime also come from this direction. These beings allow us access to other dimensions.

Below (Mother Earth/Gaia/Pachamama): I CALL IN MOTHER EARTH~ Whatever comes from below teaches us about the Earth, how to stay grounded and on the path, and about how to support ourselves.

The Self (Within): I CALL IN THE POWER OF WITHIN~ Whatever comes from within teaches us how to find our hearts' ecstasy and eternal peace, and how to be faithful to our personal truths. It is also the protector of our sacred space, the place that is ours alone and is never shared except by invitation.

Right Side: I CALL IN THE POWER OF THE RIGHT and the DIVINE FEMININE~ Whatever comes from the right side protects our masculinity and teaches us that it will be our Father-protector no matter what we do and where we turn. This medicine bears our courage and strengthens our inner warrior. (the right side is always masculine)

Left Side: I CALL IN THE POWER OF THE LEFT and the DIVINE MASCULINE~ Whatever comes from the left side protects our femininity (the left side is always feminine) and teaches us that receiving abundance and giving to ourselves and others, as a Mother-nurturer, is something that has to be learned. This medicine also teaches us about being a parent and relationships.



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This moment is the production of energy that is creating the future is NOW!

THINK IT NOW! DO IT NOW.

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Never give up on something that you cannot go a day without thinking about.

#### ABOUT THE NINE DIRECTIONS:

As a Shamanic Practitioner you will always need to know where the physical directions are when you do healing sessions for patients. The directions are always invoked in the order set out below. Each is honoured in turn with strokes (using a feathers or a sacred object made with feathers) towards the body (for invocation) or strokes away from the body (for clearing). Of course you will sometimes use both invocation and clearing in the same session in which case, you will work both towards and away from the body. The general meaning of the nine directions are set out below.

*llw 7/13*

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