

MEDICINE WHEEL MANDALA MEDITATION

This meditation is based on the teachings of the 'Luminous One' who was born at Thunder Mountain and appeared in a miraculous way. He passed the teachings to many priests and priestesses and these have continued for 27 generations in the Ywahoo lineage.

After completing the Basic Meditation, we clarify the space with the offering of incense, sweeping away any stagnation, inviting wisdom. It is said by the Old Ones that the smoke is seen by the Above Beings, and they know that the people are making prayer.

Recall that your natural state is luminosity, sense and perceive your body as light. Observe the luminous pathways through which vitality flows.

Heaven and Earth meet within the heart. Creation continues in each and every cell, building upon our thoughts and aspirations.

That which we have come to learn and that which we share with others weave the pattern of our relationships and the form of our bodies.

Witness three flames within the sacrum: blue, rose and gold.

Acknowledge that the Three Elder Fires above also exist within and that all forms arise from the womb of empty space via the dance of the elements in harmony with sacred law.

AEIOU chant

Very long ago, a wise being walked the land. He reminded everyone: "Recall the original instructions, encoded within you. The original sound gives birth to all appearances and all that does abound. All are connected through the threads of thought, word and deed. Remember, luminosity is your natural state!"

Observe cascading waves of rainbow light like a fountain from 21 stars above the head. Be aware of a central pathway, which connects you with the ideal, awakened, perfect world.

Forms continually arise from empty space, shaped by desire, mental intentions to be and your physical form arises in resonance with primordial sound.

AEIOU chant

Be aware of multiple attentions.

Just as you sit in the now, you may recall yesterday and envision tomorrow.

Envision an ideal realm, where all beings live in harmony.

A second attention arises. “Ah ha, your mind flies like an eagle ascending to a pristine realm from whence ideal forms fall like rain upon the vision of the earth, from the realm of Oungawi.

Walk through the forest and visit the magic lake. Seated beside the lake in front of three tall pines is an old Indian man, an older man, a woman, and an Adawi whose face is like the blue-white light of the stars.

Eli Ywahoo, the oldest man with hair down to his knees, radiates wondrous red light, the light of compassion, and the energy to reveal that within any appearances, awakened compassionate wisdom waits to be revealed.

Nellie Ywahoo radiates nurturing green light, new grass green reminding that each one takes form through the tree of life.

Eonah Fisher radiates gold light, penetrating insight itself and visitors to the lake radiate rainbows.

For the benefit of all beings in this and all worlds this practice is done that oneself and others may be free from confusion and illusion.

Come let us meet on the shore.

A third attention is revealed as we sit in our luminous bodies beside the magic lake, we engage the fifth star (above the head), blue-white light, sending forth cascading waves of grace. The star appears, like a re-circulating fountain above the head.

Light descends from the fifth star to the third star, where gold energy is revealed. Good medicine circles around, it circles around.

From the third star of clear penetrating insight, a beam of gold light goes forth to the throat, arousing wisdom energy of indigo blue, wisdom to perceive the threads that connect all in the shared dream of life.

Light rises and awakens the medulla, represented by the lavender infinity symbol, which reveals that the past, present and future exist in the now. Good medicine circles around, circles around.

The cascading grace from the fifth star awakens the natural wisdom of the heart where the sound "Ahhhh" arises. Ah, so we recall wisdom in its natural state and perceive how the forms "you" and "I"

have arisen from the seas of potential, and like froth on the wave dissolve.

Images of skill and understanding acquired in this and other times are revealed through the awakened wisdom eye. Possible futures are revealed. Past, present, and future exist in the now. Rest in this luminous, aware state.

Cascading waves of rainbow light descend. Awareness of the central luminous pathway, myriad worlds are revealed by the great torus rings, interlocking and turning, past, present and future meet in the now.

The Mandala of the Medicine Wheel, it circles around, it circles around.

Medicine Wheel Mandala mirrors clear mind and the sacred hoop is renewed in this time (3x)

Pacify any appearances of conflictual thought and allow such thoughts to resolve into the potential awakened state. Purify illusion; sweep away that which obscures wisdom's potential.

Energize the ideal of skillful, joyful action growing forth from the wisdom seed within. Weed ignorance from the garden of the mind.

Observe forms arising and ever-changing. No attachment, no shame, no blame, resting in the now. Past, present and future exist in each moment. Release attachment to any patterns of discord, conflict, fear, envy or lust and recognize the display as energy's dance.

Bring forth awakened states and skillful means of joyful life-enhancing activities for the benefit of all beings in this and all worlds.

Waves of grace from the stars cascade like a great fountain, descending and arising, transforming and transmuting, while revealing the essential wisdom within.

Energize Wisdom. Apply the sweet balm of forgiveness wherever it is needed. Energize the seed of most awakened mind.

To manifest the gifts of clear mind, we transform any hindrance, any fear, forgive, apologize, and make amends for any harm caused through forgetting that all beings are our relatives in the dance of life.

Observe the wisdom potential within every being. Sweet balm of forgiveness washes away illusions. Sweet medicine of remembrance gives thanks for the opportunity of life.

A great energy arises, the energy to accomplish. We dedicate ourselves in each and every moment to energizing great joy, great

wisdom, and skillful methods of reconciliation that each may recall their natural awakened state.

Sweet balm of forgiveness transforms patterns of discord and pacifies conflictual states. See wisdom potential hidden within all appearances and energize that potential to manifest as harmonious action. We acknowledge the seeds that we've sown in this life and we dedicate ourselves to generating life, love, harmony, and great compassion for all beings.

Acknowledging the primordial light form, which all the forms have arisen, light re-circulates like a fountain and we are renewed.

We make the commitment to remain on the Beauty road. Offer any appearances of confusion, any hindrance, to the sacred fire that the seed of wisdom may be distilled. May warmth and love be generated for beings in this and all worlds.

VISUALIZATION

Envision yourself seated in a double pyramid of emerald green with thirteen stars above one's head woven together as a robe of clear insight.

Before you, the following scenes unfold:

In the North, Buffalo Woman brings her offering of generous motivation and the methods to manifest all the people need. Hidden within the frozen lake, which mirrors the open sky, are all foods and medicines living beings require. The people of the north move with harmony. It is good.

In the East, the sun of Nutawa rises from the sea melting the frozen lake and releasing nurturing waters for all. Rejoice in clear light. It is good.

In the South, the grandmothers dance forth, holding their baskets of sacred seeds, seeds of good cause. The people are in joyful relationship, planting and harvesting seeds of good cause, tending with equanimity the wisdom essence in all.

We plant seeds that benefit all beings, seeds that remove hunger, seeds that become medicine to dispel ignorance. We plant all these seeds of good cause and see the earth as a sacred Mandala.

We offer our prayers to awaken and confirm the wisdom potential in all. We plant seeds of peace; we plant seeds of good relations.

It is good.

In the West, dancing, dancing bear stomps on fear and ignorance, uncovering medicines to dispel confusion, revealing recipes for all tinctures and healing medicine plants. This great bear stomps on fear and ignorance, transforming and transmuting. What appeared as a hindrance is revealed as opportunity to perceive truth as it is.

It is good.

The beautiful mandala, the round design in the sky, becomes a globe. You become the mother heart crystal of the earth. The Mandala, the earth itself, becomes a sphere of white light. Envision oneself at the heart of the earth.

It is good.

From the three beams of heart, third eye and fifth star goes forth a song of good relation. The song spreads out along the entire Earth, rising up supporting all of those who are committed to walking in peace and beauty, revealing methods of healing, of reconciliation. From your heart a joyful sound resounds, rising through the air, through all dimensions.

AEIOU chant

All around the earth, peace does abound. All throughout the earth, greater skills do arise. The earth, with all its peoples, all its beings, becomes a small seed of light within our heart.

Earth becomes small, a seed of light within the heart. And you are a concerned caregiver, supporting all beings with joy, love and great equality. We nurture the seeds of wisdom potential in all.

Great joy arises and Earth expands. It is good. It is good. All across the land, seeds of peace take root. It is good.

There appear 21 stars above our heads, multiple dimensions, and myriad worlds all interconnected, interdependently arising from the vastness of space. Cascading waves of rainbow grace flow through all.

From these 21 stars, nine stars descend.

Greater awareness and perception is revealed of the interrelationship with the stars and worlds beyond. It is good.

Throughout the universe there arises a wondrous song. "Ah ha! Another one remembers and recalls that we are one in the dance of life."

Observe the tapestry of mind weaving worlds and myriad relationships.

Medicine Wheel Mandala Mirrors clear Mind and the Sacred Hoop is renewed in this time (3x)

All conceptualizations dissolve into light, as a wondrous sound radiates with luminosity from your heart, penetrating all worlds, all realms revealing that all appearances arise from one dream. So it is. Wadogh.

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