

# Traditional Sacred Ceremonial



These Traditional Sacred Ceremonial ways are offered to help guide you on your personal life walk. In a respectful way old spirit medicine ways are brought together as we address issues that may be preventing you from experiencing your personal fullness of well-being. These healing ways can leave you with a renewed sense of self, bring clarity to your life visions, resolve and release inner conflict, resentments, anger and restore emotional and physical well-being.



*Cedar, Sage, Sweet Grass & Tobacco*

These Traditional ways offer healing for many of the following conditions:

- Spirit Walk
- Depression
- Sadness
- Grief
- loss of purpose & direction
- sleep disturbances
- fears and uncertainties
- chronic fatigue
- low energy
- obsessive compulsive disorders
- conflict in relationships
- communication breakdown
- emotional and physical trauma
- addiction to food, drugs, or alcohol.

Relationship conflict and communication breakdown is all too common in modern society. I specialize in guiding couples in the recovery of sacred love and spiritual intimacy. Don't let conflict and lack of communication destroy your relationships!

When one is ready, the Sacred healing ways bring profound change to your life. In time, inner peace and balance for the mind, body and spirit can be achieved.

Ancestors watch over and guide us through the spirit connections we make with "All Our Relations".

May We All Walk In Beauty.  
May We All Walk In Peace.

It is not possible for a person to find a spiritual life through written or spoken words alone.

To discover one's relationship to the wind, one must experience wind. To know the spirit of the sun, one must feel the sun

To know the rock, one must sit upon it and listen. To know the water, one must touch its freshness

To discover a spiritual life, one must live a spiritual way, both personally, and in relationship with creation and the community of

"All Our Relations"

NATIVE TEACHINGS & SPIRITUAL GATHERINGS, MEDICINE WHEEL & SEVEN GRANDFATHER TEACHINGS

The Four Directions

TRADITIONAL TEACHINGS OF THE FOUR SACRED WINDS

Numbers have always played a significant part in traditional Aboriginal life. Many aspects are seen in terms of four. The Sacred Mystery, the source of all creation, reveals itself as the Powers of the Four Directions and these four powers provide the organizing principle for everything that exists in the world: the seasons, the races, the elements of the universe, the stages of life, the emotions and aspects of human behavior. The medicine wheel, which is symbolized by a cross within a circle, is a ceremonial tool and the basis for all teaching wheels.

The Power of the Four Directions is implied whenever a wheel or circle is drawn. Since traditional Native cultures view life as a continuous cycle, life mirrors the cycling of the seasons, the daily rising of the sun. The medicine wheel incorporates the Powers of the Four Directions and the interrelatedness of all things.

## THE SEVEN GRANDFATHER TEACHINGS

### THE GIFTS

- WISDOM
- LOVE • RESPECT
- BRAVERY
- HONESTY
- HUMILITY
- TRUTH

The Ojibwa story of the Seven Grandfather Teachings was passed down from parent to child for many generations. The Teachings share some of the Traditional values of First Nations people and encourage us all to love and respect one another. The story goes...

#### Seven Grandfather Teachings:

The Creator gave the seven grandfathers, who were very powerful spirits, the responsibility to watch over the people. The grandfathers saw that the people were living a hard life. They sent their helper six different times to find a person who could be taught how to live in a good way with all of creation. Finally the Seven Grandfathers' helper found a baby boy, who because he was just born was pure enough to receive the teachings and bring these teachings back to the people. The Grandfathers were happy with the choice made by the helper. The baby boy is a symbol to people that it is important to start early when educating our young people and that they are already beginning to learn at a very young age. Babies are still very connected to the spirit world and understand this connection, which can be lost when people become adults.

While the boy was traveling with the helper they were visited seven times by spirits who told them about the gifts. Here is what they said:

- To cherish knowledge is to know wisdom
- To know love is to know peace
- To honor all of creation is to have respect
- Bravery is to face the foe with integrity; (being complete or undivided)
- Honesty in facing a situation is to be brave
- Humility is to know yourself as a sacred part of creation
- Truth is to know all of these things

The young boy was then put in the care of Otter who was to return the boy to his people to teach them what he had learned. The boy, because of all the time spent in the spirit world, was now an old man. The old man gathered all the people around and told them of his journey to the seven grandfather's lodge. He explained how to use the gifts and that it was now up to the people to try to follow the path of a good and healthy life using the seven grandfather's teachings.