

08.08.08

Upcoming Events

- ✓ Reiki I Training, 8/10/08
- ✓ Breath Meditation Workshop; three Wed evenings 9/3, 9/10, 9/17 from 7-9 pm
- ✓ Reiki II training this fall, date TBD

Paula's Update

There's something special about today - the 8th day, of the 8th month, of the 8th year. When you look at the number "8" sideways, it represents infinity. Timelessness.

The Olympics begin today in Beijing. A tradition linking us through time. Although a bit tarnished with politics and commercialism, the lighting of the torch still has the power to connect us.

There is another ceremony taking place today called the *Dance of Oneness*. It's a gathering of the indigenous nations of the Americas and is taking place in the Tetons. With less fanfare, this ceremony is also a bridge through time, breathing life into ancient prophecies that tell of the "golden age of peace."

Today, known as the Great Time of Peace 8:8:8, native people have gathered to dance the spirit dance to complete the healing of the Grand Teton Medicine Wheel. The dance will purify the elements of Mother Earth — the earth, wind, fire and water — for all of Creation's life forms to be healed, allowing this purity to return to the snows, rains, springs, rivers and lakes that would bring sacredness back; bring back life to the land.

Medicine Wheel Meditation

I encourage you to take time in the next few days to consciously align your energy with this great time of peace. We are all part of the great circle. Try this meditation:

Sit in a comfortable position with your back reasonably straight. Take in several deep cleansing breaths, drawing the air down to the base of your spine. Imagine yourself entering a medicine wheel, similar to the one in the photo. Feel yourself join in the circle of people who are also here for healing. Take a few moments to feel the humming energy coming from the earth beneath your feet, the stones surrounding you, and the sky above.

Walk to the north point of the circle and feel yourself attuned to the earth, bringing stability and knowledge. Walk counterclockwise to the west and feel your connection to the element water. Ask for healing on all levels, especially the emotional. Continue walking the circle to the south, feeling strength and courage emanate from the fire in your



1500 year old Medicine Wheel in Wyoming

*When the power of love
overcomes the love of
power, the world will know
peace.*

- Jimi Hendrix

belly. Complete the circle to the east, breathing insight and inspiration along with the wind.

If you feel that your body needs purification, lie down in the center of the medicine wheel and release any toxicity, asking mother earth to transform and recycle. When you feel complete, give thanks.

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