

My Way Zen

Medicine Wheel



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Sacred Prayer Words

This booklet contains the sacred prayer words and rituals to be used for the activation of a medicine Wheel for the My Way Zen sangha.

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Version 1.0

Medicine Wheel

This booklet contains a suggested invocation to activate a medicine wheel used by the My Way Zen Sangha.

First lay out the crystals and other sacred objects in a circle.



Enter Mandala

Activate the medicine wheel as a mandala. The suggested mandala is a Sri Yantra merged with the Adam's Earth Grid combined with Metatron's Cube. It is best for the mandala to be aligned with magnetic North and South. Activate the mandala using the invocation of the medicine wheel¹.

Medicine Wheel Activation

Welcome the energy of the East, the direction of the Lover.

Welcome the energy of new beginnings, of connection with beauty and the richness of the world.

The colour of the East is yellow, the colour of the rising sun at the beginning of the day.

The fear of the East is the fear of pain.

The desire of the east is the desire for pleasure, and the emotions are love and hatred.

The animal of the East is the humming bird tasting the sweetness of life.

Welcome the energies and spirit of the East. Aho!

Welcome the energy of the South, the direction of the King.

Welcome the energy of wisdom and blessing.

The colour of the South is white, the colour of the hair of the elders.

The desire is the desire for freedom and release, and the fear is the fear of Death.

The emotions of the South are joy and sadness.

The animal of the South is the Snake, the great Nagarajas.

Welcome the energies and spirit of the South. Aho!

Welcome the energy of the West, the direction of the Warrior

Welcome the energy of service, of action in the world in service to the realm.

The colour of the West is red, the colour of blood and of passion.

The fear of the West is the fear of losing control.

¹ There are many different versions of the medicine wheel (ie the meaning of the 7 directions - East, South, West and North, along with Up and down and the Within). The suggested version is based on the one created for the Mankind Project amended for different animals and colours.

The desire of the West is the desire for power, and the emotions are pride and anger.
The animal of the West is the Jaguar, the symbol of courage.
Welcome the energies and spirit of the West. Aho!

Welcome the energy of the North, the direction of the Magician.

Welcome the energy of introspection, going within to find the gifts of healing.
The colour of the North is black, like the darkness of our shadows.
The desire of the North is the desire for order and virtue.
The fear of the North is the fear of Abandonment, and the emotions are happiness and shame.
The animal of the North is the Whale,
that can dive deep into the oceans of the world, to hold the balance for the planet.
Welcome the energies and spirit of the North. Aho!

Welcome the energy of Sky Above,

the masculine principle, the energy and spirit of inspiration.
The colour of the Above is blue and the animal is the eagle.
Welcome the gifts of wind and sunshine, the creative energies, the desire for Truth and the
emotion of compassion.
Welcome the energies and spirit of Father Sky. Aho!

Welcome the energy of Earth Below,

the feminine principle, the energy and spirit of Generosity.
The colour of the Below is green and the animal is the deer.
Welcome the gifts of nurture and support,
the sustaining energies, the desire for abundant beauty and the emotion of gratitude.
Welcome the energies and spirit of Mother Earth. Aho!

Welcome the energy of Within,

the principle of wholeness, the energy and spirit of the mysterious.
The colour of this energy is Gold.
Welcome the gifts of balance, oneness, and the connection with all things,
for all things are one and all things are related.
The animal within is the human being,
the desire is for serenity and the emotion is humility.
Welcome the energies and spirit of Within. Aho!

Welcome the spirits of our grandfathers,

our ancestors, those who have gone before us, and on whose shoulders we stand.
Welcome the spirits of the children yet to come, who will stand upon our shoulders.
Invite into this circle the spirit and energy of those who guide, protect, and bless us to be fully who
we are. Aho!²



² A simpler version is to use just the 4 directions. According to the tradition of the Sioux, these are: East (Yellow) - Awakening and spiritual inspiration; South (Red) - Heart and relationships; West (Black) - Strength; and North (White) - Wisdom.