

# The White Eagle School of Shamanic Healing Arts

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## The Elements Return

*As received Dec. 29 from Spirit Doctor White Eagle, superintendent of the White Eagle School of Shamanic Healing Arts*

First of all, all matter is composed of the elements- so it is imperative that any shamanic student be familiar and adept at working with the elements. Naturally as in all things individuals are usually more adept and in sync with one or two elements. This is because their soul's frequency and purpose on this Earth's school matches the frequency of certain elements in this Earth School. However the more elements you master, your ability with your naturally attuned elements the better you will become in working with the other elements.

In Native America we see Earth, Water, Fire and Air plus Spirit of Ether (which is in the Center of the Medicine Wheel) as the elements. Each has a Spirit, Angel or as we call it in Cherokee - Andawahee who is the consciousness and guiding force of that element. Ether is different. It is the all pervading force of Great Spirit or God that exists in all things. In working with the elements we approach the Andawahees as part of our family on this Earth School, not to be commanded but to be respected and thanked in advance for their help. All energy, all matter, all entities respond best to respect and love!

Individually and even more as a collective the apprentices as a team can work together to communicate with and experience each of the elements. Eventually they will call up the andawahees and negotiate favors such as aiding the lighting of a fire in the rain, making rain, calling a storm to go around your location, lessening a windstorm or calling it to go to an area that harms fewer of our relations. This talent will be of much use during the coming Earth Changes and can be shared with others to form a prayer and medicine circle for natural disasters.

Also, following the law of "As Above so Below" the gateways of the body correspond to various elements. Using the elements and can be a great aid in healing yourself and others. Root and Belly (gonads and kidneys) are **Fire**. Solar Plexus and Heart (thymus) are **Earth**. Compassionate New Heart, Throat, Lungs and Base of Brain (thyroid and pineal) are **Air**. Third Eye (pituitary) is **Water**. Crown is both **Water and Ether**. The Gateway Healing Chart in your blue book explains this further.

## Experiential of the Elements

It is most important to first determine what elements you are most attuned to. This is who you are and will always be your forte. It is interesting that several children's cartoons, many based in the Japanese system of elements, have characters that are element inspired. The Power Rangers, Sky Walkers, and The Shaman King are a few examples. It is inspiring that the young ones are learning about the element at this time. This will aid them in their evolutionary advancement in their soul's work in this Earth School.

**For our usage we will place the elements in the directions of the Medicine Wheel just so:**  
East/Spiritual - **Fire**, South/Emotional & Natural – **Water**, West/ Physical – **Earth**, and North/Mental – **Air**. Center or Great Spirit is **Ether**.

**Remember them this way:**

- **Fire** - In the East the sun rises and gives us fire. We put our prayers in the tobacco and put these into the sacred fire. Then Awahili the Eagle takes our prayers up to Great Spirit under his wings. Thus you remember that East is the Fire and for spiritual healing.
- **Water** – In the south lies emotional healing. The tears we cry bring emotional healing. Our tears flow into the sacred waters where we take our seven dips in the Forgiveness Ceremony. Waya the wolf consoles us, licks our faces and invites us to play.
- **Earth** – In the west lives the Great Bear Yona who goes in his cave in the Earth to hibernate, dream and journey. He gifts us with herb medicines and wisdom from Great Mystery. Thus he brings physical healing to us from the Earth.
- **Air** – In the North where the cold winds blow lives Tataka the Buffalo. Winds, whirly ones, and great storms frequent his Plains habitat. In this harsh environment he gains great strength and teaches us the true meaning of abundance - to use what we need wasting nothing.

**Now, muscle test to find your dominant element and your next strongest on a scale of one to ten. Sing the “Earth, Water Fire Air Returns” song to celebrate your knowledge!** When you have this you will certainly know which part of the lecture to pay attention to! Ha !Ha! (*A little White Eagle Humor!*)

## ***Fire Experiential***

If you are a fire person chances are that you are very grounded, you have a temper and anger management may be an issue. Sex is important to you and you are very creative. You are impetuous and can make something from nothing. Manifestation processes come easily to you. Survival issues, right usage of personal power and fear of abandonment are part of your life’s challenges.

**To learn about fire and form a closer connection to your element you may:**

1. Gather wood, tinder and other elements necessary to make a sacred fire and under guidance from the fire-keeper help keep the sweat lodge fire.
2. Use candles or your fireplace as a meditation tool and gateway to your unconscious.
3. Interview a fireman and learn the consciousness and temperament of a large fire.
4. Visit a volcano and experience the fire from the belly of the Earth Mother.
5. Build a fire in your woodstove or fireplace. Bring the fire energy into each one of your gateways using your cupped hands feeling it’s healing energy and warmth. Use this any time you have problems from the kidneys or pelvis area.
6. Become adapt at smudging using your shell and smudge to extract negative energy from places needing healing. Using smoke from the smudge run the shell down your patient’s body determining which gateways are low on energy and offer them healing.
7. Charge up frequently using the Sun Stance.
8. Learn “Fire Sacred Fire” by Deane from [Fireprayer](#) as a calling song for fire.
9. Use tobacco prayers and fire often, smoke the prayer pipe, write your prayers and burn them or use Angels Letters which you burn.

# *Water Experiential*

If you are a water person you are emotionally deep and may have inner child issues that need forgiveness ceremony. Once this forgiveness work is done you are an emotional rock in the stream of life. You teach others to go with the flow and you are flexible in your approach to challenges. You love cleaning. In healing work - magic water, saunas, hot tubs, wave riding, rafting, tubing, swimming, boating and waterfall work are very powerful for you. These can all be used for your own healing and once you have mastered their use for yourself you can offer these skills and techniques for the healing of others. Making elixirs, teas, tonics, and magic water is also your forte.

## **To strengthen your connection to water you may:**

1. Gather the water for the sweat lodge and touch it to the rocks before the first round. Assist Azurae in making the herb waters for pouring. Hold the drinking water and bless it for the lodge.
2. Use a gourd bowl with a black surface filled with water as a gazing tool and doorway to your unconscious or look into a quiet woodland pool.
3. Go to a small stream, river, waterfall or the ocean and do the Cherokee Forgiveness ceremony often for yourself and others.
4. Write your prayers on a piece of paper, attach to a stick and throw it into a river or Ocean watching it flow into Spirit.
5. Study the work of Dr. Emoto and use his principals to begin a water healing practice. Take your magic water to polluted places praying over these places to cleanse and heal the water.
6. Experience the sights, sounds, and feelings of a sacred water place, lock it in with an anchoring technique and go there in your mind when you need strength, healing, or want to connect to your element when offering that elements' healing to others.
7. Drink magic water every day. Program your water with crystals and with written messages that are appropriate to you personal needs. Offer this service to others.
8. Take walks in rainstorms and watch the progression of raindrops to rivulets, to streams, to rivers.
9. Sing "The River is Flowing" as a calling song for water or Wichi Taw Do Ya" for rain making.

## *Magic Water Prayer*

*I call now upon the Spirit in Nature, the Healing Masters, my personal White Brotherhood Healing Team and my soul for assistance in this healing. I ask now that any toxin, any negative energy, any negative entity or any pollutant be cleared from this water. All negative energy in this water is now neutralized. This water is perfectly clean and clear.*

*I call now upon the water devas, the andawehees of the water to infuse this water with all the vital life force that is the original blueprint of its original creation and being. This water is returned to perfection. It is energized, whole, complete and perfect. It is full of God essence. It is full of love. And so it is.*

*I ask now that any negative energy or entity from the outside or any outside environmental, physical, mental, or spiritual toxin be forever unable to affect this water's perfection, great magic and healing abilities. This water is and shall remain in its perfect state broadcasting it perfection to all its relations. Thank you Spirit. Thank you Devas of the Water. I know that this is so. So it is. Ah ho!*

**(Use a few ounces of starter Magic Water using spring water as a base and hold your hands over the bottles of water while doing this)**

## *Earth Experiential*

Earth people are grounded, in tune with trees, rock and caves. The sound of surf is Earth's call to new beginnings. Earth element people are practical. They are good at remote viewing, astral traveling and other earth bound visionary activities. Often they have challenges from picking up too much energy from other people and the environment and must be diligent in cleansing heart and solar plexus. They need to be in the forest or in grasslands on a regular basis. They need the colors green, blue and aqua to stay centered. They are great at shamanic journey to the inner worlds. Often Earthy females have strong yang energy. They love to get dirty and are great gardeners. Doing healing work using rocks, crystals, mud and other Earth elements is your forte.

### **To form a closer Earth element connection you may:**

1. Help build a lodge cutting the saplings saying prayers to them for their life and use in the lodge. Rake the ground in the lodge. Dig the holes for the center altar and the holes for the saplings. Put the lodge covering on the lodge which symbolizes the back of the great turtle which is Turtle Island or Mother Earth.
2. Experiment with using hot rocks and massage heating your smooth river rocks in a crock pot to lay on your patients back before a deep massage. Learn about crystal grids and layouts. Crystal work is an important part of your process.
3. Do forgiveness and anger releasement by digging a hole in the ground, sticking your head in it and shouting, crying and grunting out your negativity. Afterwards put in an amethyst, smudge the hole and yourself, and put the dirt back in. Thank Mother Earth for her help and healing. Then find a power spot, smudge the area and build your protective wall. Lay down to soak up Mother Earth's healing to fill the vacancy you have made with your cleansing.
4. Go to a cave, canyon or grotto and meditate there. It is important to be surrounded with Earth all around. Communicate with the Earth Devas. Ask for your own special Earth ceremonies and gifts. Ask how you are to serve Mother Earth.
5. Become active in an Earth centered project such a Katrina Clean up, Earth Day, recycling, animal rescue etc. to show the Andawahees that you back up your prayers with action. Thus you'll have a better connection and grow even stronger in you Earth element.
6. Go to energy depleted places and practice the Sun Stance taking the energy from the Sun and channeling down through your body into the Earth. Organize a group and stand in triangles for balance and circles for wholeness. Do this at solstices and equinoxes to recharge the earth.
7. A calling in song is "Mother I Feel You Under My Feet".

## *Air Experiential*

Air or wind people are good at traveling in dreamtime and doing healing work there. Breath work is most important since the air person gains most of his/her power from the air element. Air people are visionary and are sometimes hard to catch and hang on to. Sometimes air people blow things away and can't hang on to what they want. Air people are great at healing with the breath, sucking out extractions, and feather healing. Smudging is also a forte. Air people enjoy cupping their hands and catching the wind. A good wind storm prime time for an air person to journey, meditate and do healing work.

### **Air experiential are:**

1. Assist in the lodge by fanning the steam and feathering those who need healing. Smudge the lodge before entering. Help fan the flames when starting the fire. Open the door between rounds and let the air in and the negativity out.
2. Go to the top of a mountain, a plain or other home of the Wind Spirit and communicate. Get in the Shaman Stance and cup your hands to gather the energy from the Wind Spirit. If you say your prayers right and you are really connected the wind will rise up to greet you. Let the wind cleanse your aura.
3. Surf the Wind! On a windy day find a small tree. Lie on your back with your feet up on its trunk, gaze at the clouds rolling by and feel the trunk move under your feet. As the wind blows through its leaves. A perfect place to do this is on the shore of a lake where you can also hear the water lapping on shore. Be one with the wind!
4. Do Earth/Sky breathing each day. Get lots of fresh air. Sway with the wind as you do the Dance of the Condor. Surf the wind on top of a tall building or on the bow of a ship. Power up using these exercises and write or draw it.
5. Write your prayers on paper, attach it to a stick with a feather on it to make a prayer stick. Tie it in a tree and let the wind blow your prayers up to Great Spirit. Put your prayers into tobacco and throw it off a high place to the Wind Spirit.
6. Work with the tree devas to cleanse the air. Offer tobacco prayers, crystals and magic water to a large tree. Do the sun Stance and help energize the ground around the tree. Then sit down and merge your molecules with the tree. Ask the Tree Devas and the Devas of the air to help cleanse the air of negative energy and pollution. The format of the magic water prayer can be used replacing water element with air. Enlist others in a group exercise for bigger results.
7. Master medical intuitive practices using a feather and smoke to find low energy points needing healing. Learn the feathers for each gateway and use them to take negative energy out and put healing energy back in.
8. Call the wind with the Wind chant – O-o-o-o-o-oooh (suck air in) We-e-e-e-e (air out) Ah-h-h-h (air in) Ho-o-o-o-o (air out).
9. Call in the wind with “Fly like an Eagle”

## **Summary**

For the rest of your apprenticeship you will be working with and expanding these experiential to build your power, come back to balance and be more of who you really are. These experiential reinforce your original soul blueprint, magnify your strengths and balance your weaknesses. Schedule a small activity each week and journal so you can see your progress and report new findings. You will discover important information to share with Azurae and the other students. This will become part of the body of knowledge known as the White Eagle School of Shamanic Healing Arts. Thank you for your cooperation!

Have fun with your experience. But remember this is very important and highly valued work among the White Brotherhood and Legion of Earth Keepers, Elves, Fairies and Devas. Our partnership will go a long way in maintaining the living health of Your Mother Earth.

## **Blessings. White Eagle**