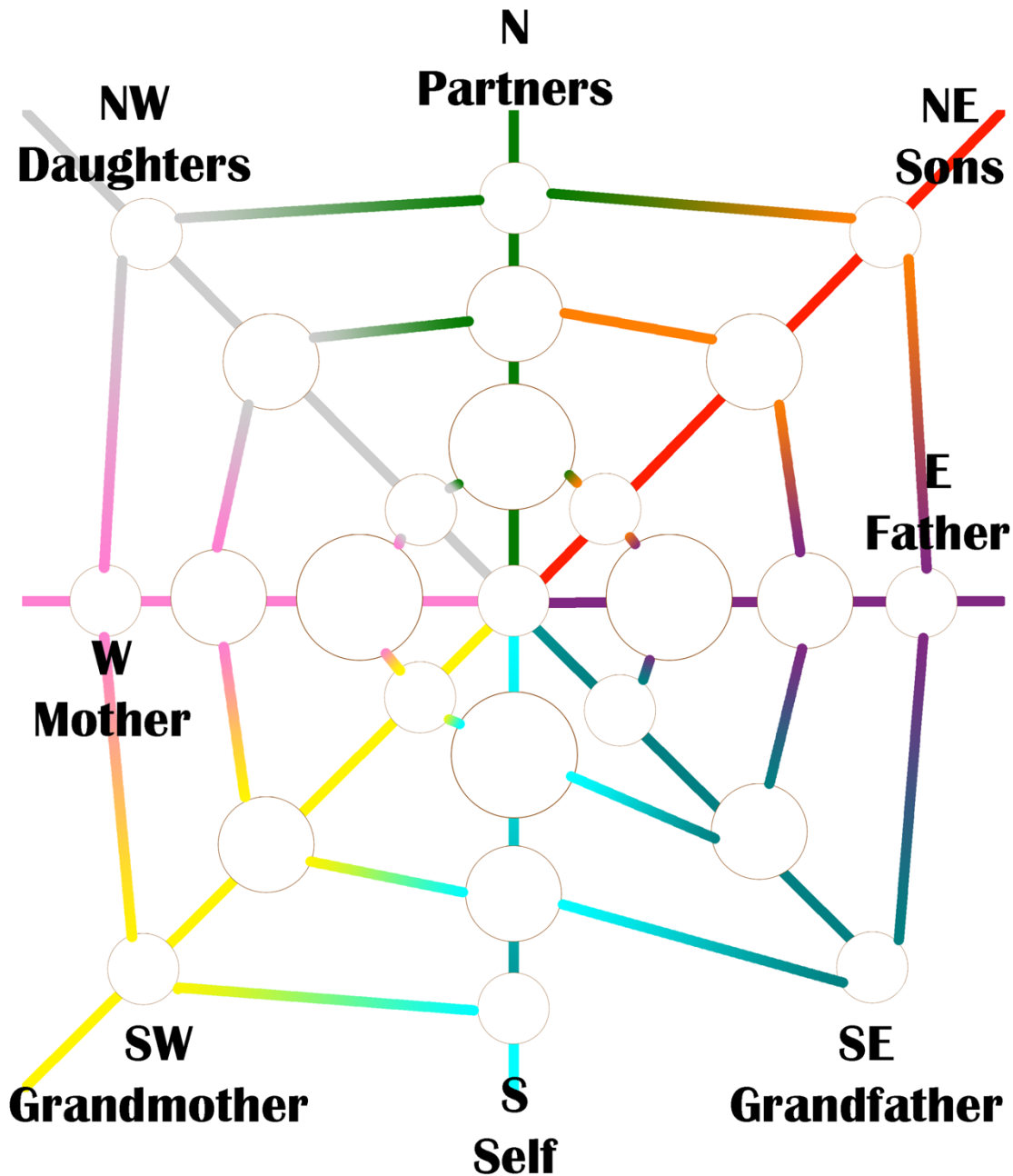




Dzil Kugha Meditation: Earth Identity Grounding

1. Open your dzil kugha as per usual.
2. Honoring the Wheel: Starting in the south, pick up each stone in your left hand. What do you feel? Write that one word in the circle that corresponds to that stone.
3. When you get to center, light a candle. Drink some water. Breath... do the tlish diyen breathwork to center.
4. Look at the questions on the back. How do these answers fit your questions?



Ritual: Earth Identity Grounding

The aspects of identity we find in our Medicine Wheel Guardians help us understand the identity roles we play throughout life. Answering these questions with the sensational words you found when you held your dzil kugha pieces, can help you determine where your strong points lie, and where your weak points require attention. Look to the experience, and grow from the insight.

Considering

1. (self Guardian of Unity) – What difference does it make whose fault it is?
2. (grandmother Guardian of the Two Leggeds) – Do I admit when I don't know and seek more information?
3. (mother Guardian of Ease) – Is daydreaming really a waste of time?
4. (daughter Guardian of 4 Leggeds) – Is this heaviness I am feeling really mine or another's agenda?
5. (partner Guardian of Power) – How often do I blame myself when things go wrong?
6. (son Guardian of Above & Below) – Am I troubled by inner fears and/or anxiety?
7. (father Guardian of Leisure) – Where can I go to restore my energies with positive life force?
8. (grandfather Guardian of Time) – Is my house cluttered?

9. (self Rainbow Serpent) – How do I feel when I say I SHOULD?
10. (grandmother ThunderBeing) – Do I do too much?
11. (mother Golden Bear) – Do I practice what I believe each day?
12. (daughter Little One) – How have I noticed the evolution of the area I live in since I came here?
13. (partner ThunderHoof Buffalo) – What time of day does my energy fall flat?
14. (son Mountain Spirit) – How can I help Mother Earth within my community?
15. (father Yellow Tailed Eagle) – What do I do when I can't get things to work?
16. (grandfather Ancestors) – How does being with particular people exhaust me?

17. (self I am I) – How can I help create an atmosphere of greater trust and commitment?
18. (grandmother Healer Within) – Is there something I can do to affirm greater health and wholeness in my world?
19. (mother Earth) – Do I extend myself in service to others because I love to, without attachment or expectation?
20. (daughter Philosopher Within) – Have I ever disarmed anyone with an unexpected act of compassion?
21. (partner All That Is) – Is there someone to blame, or are both right and wrong based on perception – is there really right and wrong? (how does your answer lead you in questions like this?)
22. (son Wise One Within) – Do I see recurrent patterns in my dreams?
23. (father Creator) – Can I conceive of a world where lives overlap and intermingle in a rich way?
24. (grandfather Magic Giver) – What is my vision of a world healed, complete and at peace?