



## WIND MASTERY PROGRAM MONTH FOUR

(Opening laughter)

Renee: All right. Don't you think it's really surprising how we're moving into the second quarter. Brigid, what do you think?

Brigid: I think it's wonderful and here we all are.

Renee: Here we all are. I put this new photo on here just to show you a little bit that we're enlightening up a little bit. We're moving into our creation part of the journey and you're going to find as we go forward today that all of the work you've just done and the excavating, they pulled out that big rock out of my yard this week. This four feet wide rock and that excavating, you never know what we're going to find in there. Because we know all of our own same old stories, but every year I find something that's just a little bit more juicy and a little bit more revealing and it becomes a refinery. This isn't a one and done, this is something we do. This is a lifestyle. This is how we live. That we take these inventories and then we get ready to plant in our garden, which is where we're going next. I'm very excited about this module I called it 'Create'.

Here's the schedule of the day and as you can see that we're starting to move a little bit more into the energetics. I always think that the first couple of months is good for clearing out people who just want to get to the energy and don't want to do the deeper work. Because I used to always think about people I knew who channeled. I was thinking: "God, you're channeling with some dusty, dirty glasses." That's your projection and where does it start to get clearer? Not that it's not always a projection. There's always some kind of projection going on because we only can understand something through the mirror of ourself.

This idea that we don't project and that we're divine channels, it's rare. If you're all bound up with your own gunk, you can't tell which is which. That's why I think that first quarter is so important to really understand which is which. For example, a few weeks ago... a month ago, I don't know, it was a little over a month ago, I was in the desert and I got this message. Remembered and I was busier than all out that week: "Spend time with Anika because she's not going to be around much longer." One time I also got that message, "Hey, Dash is going to go so you can grow spiritually." They're those wind stopping messages, the ones that you hear. But if you're all jumbled up with all your stuff, you don't hear those messages and you miss those opportunities.

There are opportunities you miss, there's no good or bad to that. There are just opportunities you miss. Even with all of the other stuff that I had to get done that day, that week, I had a work project and everything. I made a point to go spend lunch and I took Anika out because she... her son took the car away a year ago, she couldn't drive. I took her on errands, and we went out to lunch and we had a really nice time. Well, sure enough, within a month she gets diagnosed with four stage cancer with the prognosis of: "You don't have long to live." Had I not listened, had I not been clear, had I not heard that message, I might've missed that really nice opportunity. My last memory of her is not the pain and the suffering I witnessed the other day in the hospital via FaceTime, but of us going out to having lunch. Her ordering what she ordered, it was a beautiful day in the desert.

We went and did silly little errands at True Value and here and there. She came with me on my errands and that's what I get to live with. I only tell you that, so you have to really be able to start to learn and discern which message is which and that's why we do this work and keep our channels open, our channels clear, so we can continue to grow and thrive.

This is the schedule today. We've done our opening laughter. We're going to do our wind zip up. It's going to be a little different. Brigid is going to do the housekeeping. I'm going to talk about our wind knots. Kerry's going to teach us the wind song. The wind spirit song that she

created last year. Then today's kind of... there's a little bit of a luxury... This is some material that's not written in a book, it's not written anywhere. You'll hear it here and you may or may not hear it other places.

Then we're going to start to look at what we want to plant in our gardens this spring. What do we want to manifest this year? Because if all we did was dig up dirt and turn over rocks, that wouldn't be so much fun. Now we're getting into the wind alchemy part of the class. Once we learn a little bit more about the wind alchemy, then we're going to get into the healing part of the class. Then we're going to look at what we can harvest and how we can use these practices for ourselves and for other people. Then there are some deepening practices. I was going to take you on a journey, the journey we are going to go on is just to our sacred gardens, which is from my good friend, Hank Wesselman, it's a really great journey that will fit with today. I thought we were going somewhere else, but we're not. But I may share that with you later.

I may share that from last year, Brigid, remind me the creative soul retrieval journey. But I wouldn't suggest doing it until later in your deepening process. Now, as I said, we're starting to move into the energetics. The east is really about the mind. Now we're moving into the emotions and the feelings and this is where our emotional body and not that the other thought forms don't have their own life form. But we're moving into where we're going to start to really look at how this all ties into the energetics of how we're living.

Let's start by doing our wind breaths and our zip-up. Remember we do the three wind breaths and then on the third one, we zip up. But the difference is we're going to start in the south, because we just want to let you start wherever you want. But we're going to start in the south because we want to let the wind spirits know that we've moved to... that we're aware that we're moving to a new direction. My south is my back to you, or no, that's north. I'm facing south, it works out perfect. If you can stand with your knees, slightly bent. We're going to do our three deep wind breaths in and we should be getting able to hold a little more capacity of breath. If you've been practicing this, you should be able to hold more capacity for your

breath. Bring in the breath and then the third wind breath out, you're going to zip it up from your coccyx to your first chakra up above your crown.

Since it's May Day, I feel like it's a maypole we're building here, with all of these strands. Then you're going to turn to the west. Connecting that strand with the first one. Then I'm not going to turn with my back to you so you can hear, but breathe in that. Now you're going to the north. On that third one, remember to zip it up. We're going to finish with the east. Let's thank Eurus for being with us for these last three months. On this last one, we're going to connect this one and then we're going to give a spin.

Now it's time for housekeeping with Brigid. Next month, Brigid's not going to be here. Because she's going to have something special to do so, it'll have to be housekeeping with Terry.

Brigid: Yes. Okay. Welcome everyone, happy Saturday and May Day to each of us. I wanted to let you know that Kerry is beginning the Wind Work Basics with Renee on May 18th. She will not be hosting a small group call this month. It's really important that you try to hop on with either myself or Terry. Those will be the two small group calls for the month of May. The suggested reading is still being listed on the course home page. Just make sure that you're going onto the course home page as often as possible. You can review the transcripts and all of the coursework for the month as listed on the course homepage. For those of you that have yet to create a video, what's in the way? Is there a prompt that we haven't asked and that would be something that would be a catalyst for you? Feel free to just hop on, even if it's for one second of just showing your face on video. I really, really encourage you to jump in the soup with us and start allowing yourself to be seen. If you're uncomfortable with the algorithms of Facebook or the privacy issues of Facebook, and that might be preventing you, you don't have to say anything. Just allow us to see you and allow yourself to be seen. How does that sound for you?

Another thing is that we are in community. One of the things about community is that there are many eyes. That's one of the benefits.

Like they always say: "It takes a village to raise a child." In our community, it's really important if you are on the wall and you're noticing something, or if something just sits with you and you're like: "Huh, so-and-so, it seems like they're not themselves right now." Please reach out to one of us and bring this to our attention and if you yourself feel like: "I might be in crisis right now or I feel destabilized in some way." Please reach out to us and also reach out to your local support. Or if you have a therapist or counselor online that you're working with, please do not hesitate, if you're feeling at any time in this course that you're in crisis.

How are the study buddy groups going? It's been very, very quiet. I haven't heard much from you guys. I just wanted to check in and see how the study buddy groups are working out. If you want to get in on a study buddy group and you didn't at the first round, please reach out to me via private messenger or email, and we'll get that situated for you. I just want to remind everyone, we brought this up at the beginning of last month's group call, but I'm just going to go over it again. Privacy, if you were emailing me and you do not want the contents of the email to be shared, I just want to reiterate Renee and I are a team upholding the community as are Terry and Kerry. When you reach out to one of us, you need to be explicit in why you're reaching out. If this is for our eyes only, please put that in the body of the email. If it's something that you're okay with it being shared with our small group, and I mean, me, Renee, Kerry, and Terry, because again, we are the ones supporting you. Please just know that if you haven't expressed explicit consent, that it is not to be shared, I would take that information to Renee and let her know.

Last but not least the upcoming events we have the Wind Work Basics is beginning on Tuesday evenings. That's May 18th and you can receive a \$50 discount for that course. The guest speaker this month is Courtney Pearce and that's May 25th at 10:00 AM Pacific. Her presentation is 'Delegate to Elevate'. I believe Courtney was your personal assistant for quite some time, right Renee? Or your virtual assistant is what I mean to say.

Renee: Her partner still does my videos.

Brigid: Oh, wonderful. Last but not least we are going to be offering a Wind Knots course and that's coming in June, so stay tuned for that. All of the upcoming events are going to be posted on the Facebook group, like the small group calls, the integration call and the 'Delegate to Elevate'. The information about Wind Work Basics can be found at [thepracticalshaman.com](http://thepracticalshaman.com). Renee, take it away.

Renee: This month, I'm doing the Shamanic Dreamkeeper Summit and Brigid will be doing the closing for it. For this summit I've interviewed about, I don't know, I think we have 30 people on the summit. She got a little carried away and I've had to interview. I've not had to, but I've interviewed quite a few people with this and maybe 12 to 15 people. Everybody I've interviewed, I keep thinking: "Oh, this person is going to love this and that person's going to love that." There are some things in there that I really think that resonate with all of you in terms of... I interviewed the other day, somebody who does earth walks and soul collage. I know Kerry's going to love this. On Monday I get to interview Bhola Banstola and I'm very excited about that. We've got the shamans from all over the world it's really cool. They've done a really nice job with it, so it's free and it would be a really good supplemental thing and then Terry's also on a summit this month too. I think the date is the 15<sup>th</sup>, I think if I saw that correctly, that her talk is.

She shared that on the wall as well. That doesn't mean it's open day for sharing events on the wall. There are things that you do that I would like you to share and not necessarily people summits. Because generally summits are for building email lists to get people into your programs. That's why Linda decided to do this one. She put me as a figurehead and luckily, I get half the names. But there are things that I want on this wall. Like Raven's book is coming out this month. Your celebrations, or if you're doing something that's not a summit, but you are doing something that you're birthing from this work, I think it's a good thing to do. But I don't want it to become an advertising wall. The other thing that we've offered to do is that there's an advanced group. As well as the bigger group, there's a smaller group that several people in this group are in. They're all creating a course with a wind that they kind of had an alignment to.

Now, if any of you who are in this group who are thinking about, that you may want to be in line to work and learn how to teach this work. Some of you do and some of you don't, and you want to come up with an actual wind work class, I'm going to put this offer out. I would love to see this group, this Wind Walker Adventure group be the keepers of the IAM Winter Solstice Symposium. Now a lot of you have come from the symposium so you know that we have a Fire Tenders Gathering every December and it would do my heart good to see that all of the presentations were done by members of this wind apprenticeship group. Because there's a lot of figureheads and a lot of talking heads out there.

But to me it would mean that we did our job in the holding and building community. That this community could build and hold that event. If you are excited about that and you like to teach and like to have wisdom that you like to share, and that doesn't mean that's all of you because some of you don't have that desire. Start to think about it and reach out to probably Brigid would be a good person to reach out for that because I'll probably have her help really organize that together. Wouldn't that be great to say the Wind Walker Adventure group is the holder of the Fire Tenders Gathering this year? What better way of knowing that we've done our job to build community? One thing, there is no right or wrong way to do the wind work. There are ways to go that you might get better results. Just like if you're sailing a boat, there might be a better way to hold your sail, to get a little further in the water, or if you're taking off on something.

If I say something, it's not that I'm saying it's a right or wrong. But one thing that I've been watching and it's just a curious and then we'll go into the teaching for today for sure all of this does. That is what I love about this teaching is it's so practical. Is that we're trying to move towards a cyclical lifestyle, not just as a concept, but as a system of living our life. Just because it's the end of April, you might not be complete with the wind you're working on. I think one person asked me: "Could I keep this wind a little longer?" Well, absolutely and when do you let the wind go? Well not just because it's April 30th, but because you feel like you've got some resonance. That you have some resonance with the wind and you're complete. Trust me, once

you start relying on the wind for that information, the wind will always let you know when the wind is done with you as well.

Because we're trying to get to know these 10 winds really well in this workshop, I would prefer that you didn't keep one and say: "Oh, I was just having such a good time with that wind. I stayed with it the whole year." Because you've got your directional wind. You're getting to know that a little bit better and the doldrums. But for your monthly wind, you may be more inclined to say: "God, I want to let that one go on the full moon. I want to let that go. I want to bring in the new... I would like to be... I'd like to have no wind for about a week while it's dark. Then I'll bring in the new wind when the moon starts to grow again."

That's where you start to find your own rhythm. Once you have your own rhythm, we were talking about covid shots this morning. Whether or not the rhythm to get one or not get one. This isn't about whether or not you get a covid shot, frankly. I don't care who's President. I don't care about these things like that. It's just not how I order my world. I'm more interested in the rocks out in the yard or things like that. But if you start to listen, your body will tell you: "Oh, this is a good time for me to move forward with X, Y, and Z." What I've noticed in my own life over the last few years is I tend to start to live more in the moment. I know I'm going to Palm Springs sometime in June, but at the moment, I don't know. I may have to run over to Maine. I don't know and I'm okay with the not knowing. When you start to navigate towards this, this will naturally become more of your lifestyle.

The thing is, is you can... if you have those full-time jobs, like some of us do, I've had to really start to say: "Okay, an honest dollar, for an honest... an honest job for an honest dollar" and to really make sure that my butt is in the seat doing their work for those certain hours and not my work when I'm doing it. That just becomes part of the ritual of living your life. That goes for the same thing for the wind knots. Some of you have opened three. I had to run out there and open one this morning, just so I could tell you I opened one. Because if I just tied it onto the prayer flag and I didn't think about it more, because I was feeling really protected by the three knots tied.



Because Esaugetúh Emissee was my wind. Then I'm there like: "Oh, let's see who's my wind for next month." I hadn't considered who my wind was for next month until I went out there this morning. It's not like I've got to memorize who my 10 months of winds are.

Now, you might be a little bit more like that, but I'm not. At some point. (Sammy, she's sitting here purring.) Sometime in the next couple of days, I probably will send Esaugetúh Emissee back and call to Dogoda. I think that compassion feels like really a right thing for me in my life right now. I have three friends, my mother and two others... my mother, my sister, and one of my dearest and nearest friends are all in the hospital. A little compassion for myself would be a really good thing when I've got two contractors in the yard. Just there's a lot going on. Maybe it's about being compassionate with myself and the world is as it is. But I think that a little more protection for a little bit while longer, while my friend transitions and all of these other things might feel really good to me. I think that that might be all right, if I hang on to that one just a little bit longer.

Does anyone have any questions or are you sensing... are you looking at the calendar? Are you looking at your internal clock to see when and how you want to let these spirits go and come? Good. It looks like it's a little bit of both. All right. That's all I want to say about that. Now we're going to talk a little bit about Kerry. You've all met Kerry, Brigid, Terry, me. But I want to just tell you about who Kerry is. Because one of the goals for this work is it's as a model of building the wind work.

My friend, Amy, who you'll be hearing from in June, she built her business based on this model. Right off the bat, she was clear, she wasn't really going to teach her process. She wasn't going to do healing work she does, but she wanted to train teachers to take her work into the world. It's a model. Our model is to build community that is sustainable around the world. In order to build sustainable community across the world, we need clan leaders. Kerry... and Brigid's been doing this, I don't know how long? Two or three years now she's been my key assistant. Now it's time to bring up the next couple, Terry and Kerry. Kerry is going to be assisting me with the Wind Work Basics this spring and a lot of you didn't come through

the Wind Work Basics. A lot of you just came from other places and next we'd like to make it more of a requirement that people take Wind Work Basics.

But Kerry came, she's a hospice nurse, she's a Reiki master. She owns a yoga healing arts center when she started with us. Now she's going to be actually the assistant for the next Wind Work Basics class. Actually, I'm going to call upon her to start to teach some of it. Because, well, she's going to do the integration session. Part of the integration session is to review what I taught on the night before. Now, for those of you who are growing your own programs, this is a really great model.

Because, Brigid will tell you the first year or so when she was doing it, I'd be listening to the integration. I'd be chomping at the bit to say... or sometimes I'd even pipe in, if it wasn't correct, or if it was a nuance thing and if you've got work, you're putting out into the world, you want it to be taught in a way that's in alignment with what you're doing. I take the time to share this with you because, we're getting ready to take this work out into the world now. Because we've got a group of 40 of you who are getting prepared to do that. How exciting is it? We want to make sure that when people do that, they know how to teach it. I've talked to other teachers and it seems to have been a let down on their programs, where they forgot to teach the teachers how to teach or give them the airspace to do the teaching.

That's what we're doing, is giving people the airspace and that's why I want the IAM Symposium to be led by you because I want you to come away with practical tools. Because they use a really irritating... I take these masterminds and the teachers would always be promoting other people's work, not ours and I'd be like: "Well, what are we, chopped liver?" I want to help you strengthen your practices so that you can go out into the world and be bigger, stronger, and do what you're going to do. Today, Kerry is going to start her teaching with us. She already does a group, but she created a wind song last year during one of our programs. She's going to teach it to you, thanks to Sadie who reminded us that we hadn't been sharing our song. Some of you are singers and maybe some more of you will



before. East, south, west and north. Let the winds blow and heal the soul. Let the winds blow, they know, they know. Thank you.

Now, that you're inspired with a song, I'm going to have you go for about five minutes and write down in a journal or a piece of paper what you plan to plant and grow in the next three months? What would you like to grow? I'm going to put some music on and while it's playing, think about what you're dreaming, what you'd like to plant, what you'd like to grow over the next few months.