



## WIND MASTERY PROGRAM MONTH FOUR JOURNEY

Renee: All right now, because some people are thinking that they don't like my rattle, I'm going to play my drum.

We're going to do a journey. As I said, I'm going to use my drum journey that I have to play it. You're going to have to listen carefully to the instructions now. If you go you'll pretty much go wherever you're going to go, but this is Hank, God rest your soul, his journey to the sacred garden. What it is, is you go to your favorite place in nature. When you're in your favorite place in nature, you start to look around for a path and in the path you're going to see in front of you a garden, okay? In the garden ... let me see something. I want to see how long this is. It's a nine minute journey.

You'll kind of have to trust. You're going to find that you have a key on you somewhere to let you into that garden. Then when you're in the garden, I want you to take a look at spring. There's crap everywhere. You're going to see what needs to be tended to. Then you're going to ask for your May wind to come help you. If you're listening to it at another time, whatever wind you're working with, you're going to ask for it to come help you. Thank it for coming and then you're going to do a little bit of a cleanup.

Then you're going to ask that wind for a little bit of guidance, for what steps you need to take in order to plant heartier, healthier seeds this spring, to get you towards that goal that you just set. Then you're going to look off to a certain corner of your garden and you're going to go over there and you're going to plant the seeds of what you're trying to grow and you're going to make some improvements before you leave your garden. You're going to change, make a new water feature or put a bridge in or whatever your garden needs in order for it to help you get to that three month goal.

Then you're going to check out the garden and make sure that everything's in nice order. Then you're going to come back from the garden, Come back, lock it back up, tell the garden you'll be back to visit it regularly, within the next three months, because you're going to want to come and go. Then you're going to walk back down that same path and come back to the room.