



Wolf Moondance

SACRED VOICES

NATIVE AMERICAN TEACHINGS
FROM THE COUNCIL OF PROTECTED WORDS

Y O U R
G U I D E B O O K

IMPORTANT

To begin — Please save this guidebook to your desktop or in another location.

How can you get the most out of this writable guidebook? Research has shown that the more ways you interact with learning material, the deeper your learning will be.

Nightingale-Conant has created a cutting-edge learning system that involves listening to the audio, reading the ideas in the guidebook, and writing your ideas and thoughts down. In fact, this guidebook is designed so that you can fill in your answers right inside this document.

For each session, we recommend the following:

- Preview the section of the guidebook that corresponds with the audio session, paying particular attention to the exercises.
- Listen to the audio session at least once.
- Read the text of the guidebook.

In addition to the exercises and questions, we've created an "ijournal" to make this an even more interactive experience for you. At the end of this guide, you can write down any additional thoughts, ideas, or insights to further personalize the material. Remember, the more you apply this information, the more you'll get out of it.

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To find out more information or to
contact Wolf, visit her website:

In this powerful series, Wolf Moondance teaches many of the Native American spiritual traditions. The following questions are intended to provoke further exploration into your traditional views on spirituality and your integration of the Native American ways. They are only initiations into further experiencing Native American spirituality. You are encouraged to expand on any of the discoveries you make in this workbook or in your journal. Wolf emphasizes the importance and power of journaling as a key part of your spiritual quest.

SESSION 1: The Grandparents Speak

1. Wolf teaches us as this program begins that spiritualism is about honor, discipline, and connection. As you meditate on these three important values, reflect on how each is reflected in your life. Do they currently exist? If so, how deeply? Below, note your experiences when reflecting on these values:

Honor:

Discipline:

Connection:

2. As the program begins, Wolf Moondance aids us in connecting with the silence; a place where we can hear spirit speak. Are you able to connect to that silence or does your mind race without taking a moment to slow down and listen? If you have not already done so, take five minutes to listen to spirit. What guidance has spirit given you? If you were unable to connect to silence, what do you feel is impeding you? Write down your experience in the space provided below. Try to continue practicing silence on a daily basis for at least five minutes and record your experiences each day.

3. In sacred Shamanic tradition, you salute each of the four directions and the corresponding spirits daily. This is done by praying at four different times in the day to the stars.

■ **Morning Star of the East – Grandmother Star at 4:00 a.m. (dawn)**

■ **Noon Star of the South – Grandfather Star at 12:00 noon**

■ **Evening Star of the West – Father Star at sundown (dusk)**

■ **Midnight Star of the North – Mother Star at 12:00 midnight**

It is important during this prayer time that you still your mind noise and listen. Listen to the wind speak. Listen to the nature spirits. If you feel compelled to sing or dance, do so. Let spirit take you on a journey of expression and observance. It takes discipline to set your alarm at 3:30 a.m. to greet the morning star, but the experience is well worth the sacrifice! Have you found your Morning Star? Noon Star? Evening Star? Midnight Star? Try this ritual for at least one day. Make complete use of all your senses and describe your experience in the spaces provided.

Morning Star of the East:

Noon Star of the South:

Evening Star of the West:

Midnight Star of the North:

4. In native spirituality, we are all given names of nature's properties. Take some time to listen to the wind and ask yourself what your name would be. Record your new name and describe this listening experience.

SESSION 2: The Song of the Wind

In Native American tradition, family plays a key role in our lives; in fact, all of God's nature is seen as a family member. All of God's world is to be honored and respected as family is. Wolf tells the story of her mother, the beginning of where she obtained her wisdom and learned of generations of Native American tradition.

5. Wolf begins every day with a prayer ritual. Do you have a morning ritual to welcome the day? Describe it in the space below. If you do not yet have one, create one in the space provided below and practice it daily.

6. Honoring and showing respect for nature, our elders, and the divine spirits is key in the practice of Native Spirituality. Wolf Moondance stresses the importance of acknowledging those who have nurtured you (grandmother, grandfather, spirit, God, mother, father). In the tradition of the native teachings, who are the individuals in your life whom you would like to honor? List them below and add them to your daily Morning Prayer ritual.

7. How do you honor your family? Does your family practice any traditions? If so, what are they? Describe them.

8. Do you have a daily practice in which you address your family? If so, describe it below. If not, create one, describe it below, and begin practicing it on a daily basis.

9. How do you want people in your family to be remembered? How do you want to be remembered?

10. What is your story and how do you want it to be told? Tell your story below, using the reverence and spirit that Wolf uses in describing hers. See the sacred in your experience of your journey with your family "tribe."

11. Wolf emphasizes the significance of having a sacred space, an environment void of telephone, television, traffic, and any other distractions. If you don't already have a sanctuary, create one. Describe that sacred space.

12. Next time you reflect on your Morning Star, bring your family with you, bring them into your heart. See, hear and feel where you are with them. Think of them often, and you will feel the way of the Wolf, the way of the Native American, the way of your Sacred Voice. Please share your experience.

SESSION 3: The Shamanic Path – Shamanic Techniques

13. Wolf refers to Shamanism as a form of psychiatry. She says that it involves the study of pharmacology, nutrition, psychology, and neurology. Shamans work with pure electric energy. She describes the use of positive and negative ions being associated with particular colors.

Place your left hand on the left side of your face and right hand on the right side of your face. Can you feel heat in one hand and cool in the other? Can you feel any differences or similarities between the two hands? Describe your observances.

14. It is important that shamans are able to balance their energy. This is done with Shamanic breathing (four breaths inhaling through the nose and four breaths exhaling through the mouth). Breathe in this manner, then sit quietly for at least five minutes. Below, describe any of your experiences in this exercise (emotions, sensations, thoughts, visions, etc.).

15. Wolf asserts that shamans must dismiss their worries and focus on their own beliefs, apart from what others may believe. Have you believed in things others have dictated or taught you to believe in that may not be your own core beliefs? List them.

16. In Shamanic teachings, you must clear your mind of "life" and "death" as separate experiences as they are traditionally taught in Western philosophy. What are your perceptions of life and death? How can you reinterpret them to align with the Shamanic path?

SESSION 4: The Shaman Speaks

17. In this session we learn that the word Shaman means "guide." Do you feel you are guided in this life? If so, how? Where does your guidance come from? Who are you listening to?

18. In this segment Wolf discusses the seven sacred directions in shamanism. These directions are the earth, sky, sun, moon, water, fire, and peoples. She states that the word Shaman can be interchanged with medical, healing, prophet, magician, mother and father, guide, humility, sacred teacher, visionary, wise one, one who sees, one who knows. She discusses the three realms of the shaman as being stillness, flow and seeking. She then does a visualization in which she introduces us to Pogo. In the space provided, record your experience in the visualization.

19. Wolf describes the importance of the medicine bag in the shaman's spiritual path. Do you have a medicine bag? If not, create one. What objects that "speak" to you would you have in it? (leaves, rocks, sticks, feathers, etc.) Describe the contents of your bag and how they speak to you.

20. Wolf takes you through another visualization meditation to meet your own shaman. Record what you experienced in this sacred ritual.

SESSION 5: The Mountains Speak

21. We are reminded that in the Shamanic world, everything speaks. Wolf comforts us by stating that we should not worry if we can't hear anything. We just have to have the patience to listen. Do you hear anything in the silence? What are you being told? Listen and describe your experience with this exercise.

22. In this segment of the program, Wolf Moondance describes how to make a prayer tie. Follow her instructions and try to make your own prayer tie. Diagram your prayer tie here, in the back of this guidebook, or your journal. Did you find yourself struggling with patience to finish the task? What is your experience creating your prayer tie? Record your experience in doing this exercise in the space provided.

23. How were you traditionally taught to pray? Are there any similarities or differences between your traditional prayer practice and creating your prayer tie? Describe any links or differences, in the space provided.

24. In this exercise we are told to go outside and "listen to the mountains...listen to the earth sounds." Go outdoors and listen. Does the wind speak to you? The bugs? The soil? The sun? The mountains? What do they say? Record your findings.

Trees:

Dirt:

Rocks:

Water (lakes, rivers, oceans):

Moon:

Stars:

Sun:

Birds:

Bugs:

Air:

Water (running):

Other:

SESSION 6: Making Prayer: Listening to the Mountain

Prayer is powerful. How often we hear that statement. What does it mean to you? Wolf teaches that prayer is many things. It is being still. It is listening, talking, and feeling a deep connection with the divine wisdom of the universe. It is also a lesson in learning to let go. For many of us, letting go is a great challenge.

25. Wolf challenges us by suggesting that we take some of our mundane experiences and turn them around; do them differently. Take an exercise that you do on a regular basis and do it backwards. Describe what you did and how it affected you, in the following space.

26. We are taught that we must also apply the practices of honor, discipline and connection to our bodies. We must take care of ourselves and our bodies. Do you have any addictions or unbalanced behaviors that affect your physical health? Do you eat too much refined sugar? Drink too much alcohol or coffee? Under- or over-exercise? List below behaviors that you have that you feel may be destructive to your physical health.

27. What commitments, however small, can you make to begin to revere and honor your body? State them below, giving as much specific detail to your commitment as possible.

28. In this section, Wolf describes the medicine wheel. Do you currently have a medicine wheel? If not, create one in your sacred space, whether that be outside in your yard, in a room of your home, or simply on a small table. Write a description of your wheel.

29. Another method of prayer that Wolf describes is the Burning Ritual of prayer. In this ritual during the full moon of each solstice, you carry your prayers to the fire to be burned, offering them up to the sky people as they continue in the cycle of the Great Spirit. Have you ever tried a fire burning prayer ritual? If not, try one. How does it feel to send your prayers to the sky people? Describe your experience with this prayer technique.

30. Wolf explains that dance is key in the sacred rituals of the Native people. Do you ever dance? Do you feel spirit move through your body as you do so? Find a private space and some music that moves you and take five minutes to dance. Feel your body move and the heat that builds in you as you exert yourself. Let your spirit take you away as you imagine the Native people in their dance rituals in the heat of summer and the frost of winter. Let yourself be a part of that powerful prayer ritual. Let the music and the movement lift you. Describe your experience in the space provided.

SESSION 7: Understanding Your Soul: Discovering Other Worlds

31. In this session, Wolf describes what our soul looks like. Go into the silence in your meditation and take a good look at your soul. Describe in detail what you experience.

32. Wolf speaks of the sustenance we can get from eating "spirit food." She takes you through an exercise where you imagine eating a sandwich. Take five or ten minutes to envision yourself eating this sandwich. Make this a multi-sensory experience. How does it smell? Taste? What is the texture in your mouth? How does it feel as you swallow it? Is it cold or hot? How do you feel after you have completed this meal? Are you satiated? Write your experience with this exercise.

33. Do the above exercise, but in this case you are drinking a glass of water. Describe your experience.

34. When Wolf takes us to the underworld, she describes it as a manifestation of our greatest fears. She encourages us to face those fears. List your greatest fears in the space provided.

How will you deal with these fears? If you have no answer yet, don't worry – prayer and reflection will give you the answer.

35. Wolf also describes temptation as a force from the underworld. She reminds us that temptation is only a tool for further learning. Write a list below of your greatest temptations and what each temptation teaches you.

Wolf speaks of the tranquility and joy that are present in the upper world. Describe below what joy feels like to you. Then list the things that bring joy into your life. Remember that such moments are your connection with the upper world and are always there to lift you into inner peace.

SESSION 8: Understanding the Wolf’s Eyes: Your Search for Truth

36. In this session, Wolf takes you on a journey to meet with your inner shaman and see your spirit color. What color are you? Describe in detail what you see.

37. In this color you will find your uniqueness — the part of you that separates you from all others. What is your uniqueness? Can you express it in words?

38. Wolf talks of the importance of balance in our lives. Do you feel your life is in balance? What is not balanced? How could you bring that aspect of your life into balance?

39. In this session, Wolf suggests that we imagine for thirty minutes a life in which we lose everything. Everything that is dear to us. If you have not yet done so, take thirty minutes now and close your eyes. See everything that is dear to you being taken from you. How do you feel without these things in your life? Note what is most important to you. List the losses and your feelings in losing them in your life.

40. When we are left with nothing, Wolf suggests that we are left as white light. Go to that place where you are that white light. Experience this place, void of all other possessions. How do you feel? What is your experience here?

SESSION 9: Learning Ceremonial Traditions

In this session Wolf takes us to the world of Native ceremony. The pow-wow is one of the most powerful Native spiritual ceremonial traditions. The first step of the ceremony is to be respectful. Wolf lists the seven steps of ceremony as follows:

I. Respect

II. Honor

III. Representation

IV. Reflection

V. Spirituality

VI. Obtainment

VII. The Give-away

41. Wolf describes the difference between privacy and secrecy as they relate to ceremony. She describes ceremony as the secret garden where your spirit grows. Where is your secret garden and how does your spirit currently grow? How do you cultivate your garden?

42. Have you ever attended a pow-wow? If so, write of your experience below. If not, take the time to do research on the pow-wow and write about how it got started and other interesting information about the pow-wow in the space provided.

43. Take the time to notice and list the ceremonies that you practice in your life. Wolf emphasizes respect during the pow-wow. How is this pertinent in the ceremony in your life? What is your relationship to respect of both yourself and of others?

44. Wolf talks of "Indian time" when discussing the pow-wow. She reminds us that we must have patience. For the next thirty minutes, take time in everything you do. Slow down. Respect time. Respect everything you touch and experience. How does it feel when you are no longer encumbered by the rush of the clock? Describe your experience.

45. Wolf discusses respect for the food that goes into our mouths as well in this session. During your next meal, say a prayer of gratitude for the foods that you are about to eat. Then make the commitment to eat slowly and with intention and attention on your food. Treat the food and your nurturing experience with great respect. Compare your experience eating this meal with your usual meal experience. Write about the differences.

SESSION 10: Everything's a Ceremony

46. Wolf opens this session with her views on the word "friend." She teaches that there must be truth and respect in friendship. Do you have a friendship that is based on truth and respect? Make note of that friendship. How can you develop further truth and respect in that relationship? How about other relationships?

47. Wolf describes the medicine wheel as ceremony. She describes the four ceremonial directions as the following:

I. Enlightenment in the East

II. Innocence and trust in the South

III. Introspection in the West

IV. Wisdom in the North

Impeccability lies at the center

48. Wolf takes us on a journey to the lower world in a meditation. What was your experience of this place? Did you have difficulty with your fears there? Write about this experience.

49. We are reminded that we have nothing to fear by our own mind. Wolf encourages that our minds are clear and are of spirit. Take some time to write down your fears and how they manifest in your life and in your meditations. Have the courage to face them one by one in the silence. Be sure to record your experiences.

50. We are reminded that ceremony is celebration. How can you celebrate the beauty of Mother Earth and all that she bears? Perhaps you can begin a new tradition of ceremony and celebration among your friends and family. Use your imagination. Create your own ceremony of gratitude and describe it.

SESSION 11: Rainbow Stars

51. Wolf prepares us for creating a ceremonial ritual of entering the spirit world in this segment. She reminds us that the four elements of fire, water, earth, and air should be present in our ceremony. Do you have a creative way that you can bring these elements into your ritual?

52. Wolf explains that our totem animals must appear to us at least four times before they are considered totems. Have you had any animals appear to you four times? Perhaps they have appeared in your meditations, dreams, or in your middle world experiences. List any totems that you are currently aware that you have in the space provided. Beside each animal, describe their significance as spirit guides in your life.

53. Meditate and meet your two guardian animal spirits. Describe your experience, the names of your guardians, and their lessons.

54. Study each of your guides further. What does each animal mean to you while on your spiritual path? Do you know a great deal about these animals? If not, study them in greater detail. What attributes do other teachers give these animal guides?

55. Wolf describes the power of words in Shamanic work. Take note today of the words that you use. Where does your vocabulary dwell most of the time? Which words are from the upper world, middle world, and lower world? Pay attention and describe your observations, in the space provided.

56. In the space below and in your journal, list all the animals you can think of. Beside each animal, write down their spiritual meaning.

57. If you could be any animal, what would you be, and why? What spiritual lessons would you teach the world?

58. Take a half-hour walk outdoors and take note of every being that you see. Bugs. Birds. Animals. Look upon each animal as a spirit being. Experience their sacredness. Focus on what the animals are teaching you and why they have appeared in your life at this time. Write your observations in the space below.

SESSION 12: The Journey of the Rainbow Stars

In this session Wolf takes us to a powerful place in a drumming meditation.

59. Early in the meditation we are introduced to our totem animal, and in fact, we become that animal. What was your animal? How did you feel moving as that animal? What was the purpose of that animal in your meditation?

60. You later meet your shaman. What does he or she look like? What kind of energy does he or she have? Does he or she communicate with you?

61. How do you honor Pogo when you meet him? Does he speak to you?

62. After meeting Pogo, you pull something special from your medicine bag. What is it? What purpose does it serve here?

63. As you circle around Pogo and listen to the sacred voices, what are they telling you? What are their messages to you? List them here.

64. Wolf gives you a Forgiveness exercise to do. When you lay your palm of forgiveness upon your heart and sit in silence, what do you experience?

65. When listening to the prayer song, what was your experience? Describe it here.

66. In reflecting upon this audio series, what new lessons have you learned from Wolf's ancient wisdom of the shaman? How can you take this wisdom into the daily life of your middle world existence?

Peace, my friend, as you travel the good red road.

The Shamatic Journey of the Rainbow Stars

(from session 12)

Breathe in. And out. Breathe in. And out. Breathe in. And out. Continue breathing. You will feel yourself letting go. You will feel yourself beginning to rise. You will be walking on a path, and it will glisten with colors, reds and oranges and yellows and greens and blues and purples, and burgundy and silvers and whites, and there will be blacks.

You'll continue walking and you'll go higher. And beside you'll feel as if you could fall. But you cannot. You'll know that you're climbing. You can hear the drumming at a distance. You come to a pond, a very small pond. And you walk up to the edge of the pond and you lean over and look into the water, and there you see an animal. Look very carefully at that animal. And breathe in.

Begin to feel that animal, taking hold of you inside. And you become that animal. You walk like that animal. Walk like that animal. Continue walking till you see a place that I have shown you before on the path. A place you'd like to sit and rest.

And you sit there. And you look out in front of you. And you can see a being of color. All light. And you remember how this being looks, for it is your spirit. And you rise and you walk. And you come to a crossroads. And you have to choose.

Do you go right or left? Go. Before you see a place where something could live, where a person could be. Where a spirit could dwell. You look there, and you see your shaman. And you recognize your shaman.

You tell them 'thank you' for being there for you. And you know that you can always come back. And you say goodbye and move on. You come to a space where it is very quiet and still and black in front of you. You can see nothing but darkness. It looks like glass. Black glass.

Are you afraid, or can you walk on the glass? Slick ice. Glass. You must walk. You go. Pay attention to what happens while you're going. What kind of struggles do you have? How long will you struggle?

You reach the other side and you're not hurt, and you've made it. It's quiet here. But it's familiar. You see the campfire. And you see Pogo. He is the shaman. The sacred voices. And he sits there with his fire. You come to him and you honor him. You give to him. Whatever. A hug. An item. Something special you've pulled from your medicine bag. And you sit with him. And you listen. And you hear the sacred voices.

It can be the sounds of animals, it can be the cracking of the fire. It is your sounds of the sacred voices. Let go and walk on in a circle around Pogo.

You remember this information and you start coming back. Back to your body. And you take a deep breath.

And you continue breathing, and you start patting your foot, and you open your eyes.

Well, maybe it's just a woman and a drum. Maybe it's all just a bunch of hoopla. Maybe it's woo-woo. Maybe it's witchcraft. Maybe it's true Christianity. Maybe it's Native American philosophy. Maybe it's shamanism. I don't care what you call it. I know what it is. I know what I saw, and I know where to go. And I want you to go there anytime you want to. And I don't want you to be afraid of anything.

But you're going to, because you've got fears. I don't want you to make mistakes, but you're going to because you're a human, and that's what school is all about. So I ask that you take a lesson and hold it very carefully in your heart.

And how you do that is you hold your hand out, and you think about the word, and I want you to take the word forgiveness, and I want you to hold it right there, and you do that by blowing it into your hand. You think forgiveness, blow it in your hand, and see it written on the palm of your hands.

And then close your hands over it. Because you make a medicine bottle that way. Put it against your heart, and breathe it in and sit with that word. Anytime, anytime that you feel you're empty or alone, or less than another, or have hurt another or walked in a wrong way, for you have forgiveness in your heart now. And it is the most honored word of the Council of Protected Words there is. Gee, wouldn't it be nice if we all could live in paradise? But we come back to the middle reality.

In my closing words to you, listen to the prayer song. It is the wildflowers. It is a song that a Native American wrote for you. Not for anybody else, but you.

It is the call of the wind. The Council of the Protected Words is the wind. It is the fire. It is the air. It is humanity. It is the bones. It is the blood. It is every living thing. Every animal we sacrifice for any purpose. Every plant we sacrifice for any purpose. It is all the Council of Protected Words. It is in your mind.

It is sickness of the body, and those are all lessons. Those are ways for you to wake up. Those are ways for you to know that you are always on a shamanic path. You are always walking in the spirit world, and you are always in the reality of the middle world. And it is always your choice. It is always your choice. It is never too late. It is never over until the fat lady sings. Be careful. Life is a precious thing. Take not more than you can use. Harm none. Forgive those as you would forgive yourself. Love others as you would want to be loved. Walk the medicine path. Reach for the good red road.

Aho.

Using Your iJournal or Journal

Throughout *Sacred Voices: Native American Teachings from the Council of Protected Words*, Wolf has emphasized the importance of keeping a journal. In combination with prayer, meditation and reflection, journal keeping is one of the best tools you can use to get the most benefit from the teachings you will experience in this program. As you reflect on the teachings of Native American wisdom, your journal will become your guide. Write down your thoughts, experiences, feelings, dreams, and visions as Wolf shares with you her experiences of a hundred generations. Write and reflect on the lessons you have been taught. You can look back on your journal and measure the growth you experience as you incorporate this wisdom into your daily life. Through listening and writing, you will discover your own truth. Now is the beginning of an incredible life journey for you. As you pray, record, and reflect, you will find yourself growing along a path you may have never dreamed possible!

We have included an iJournal in this guidebook. You will be able to record your thoughts in your guidebook on your computer or use the journal that is supplied with the program.

Journal

A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for writing a journal entry.

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