

Determining your Elemental Home

The following two journey processes together are the process for determining your Elemental Home. They come to us from Spirit and are used by everyone in the Community. Everything in the journeys takes place in the Cycle Cosmology Power Spot you create in the first journey. For example, a reference to “your altar” means your altar in the Cycle Cosmology Power Spot.

If you need to break these journey processes into several smaller journeys, each taking one-step at a time, that is fine. To do so just follow the guidance for this is offered below.

Journey Process 1: Creating your Cycle Power Spot in the Spirit World

1. Journey to your most reliable helping spirit or to Dragon. Ask to be taken to the center of your Cycle Cosmology Power Spot in NOR.
2. Once there, work with your helping spirit to set up an altar in the center.
3. Around the altar set up the four directions extending to either side, front, and behind you, and a circle that connects them all.
4. Call in the spirit help that populates our cosmology. You will have the spirit of the direction, an elemental, the archetypal teachers, the crazy logic teachers, and maybe a helping spirit in each direction. You don’t have to know them all yet, just ask them to take their places. They know who they are and they know where they live in our cosmology.
 - EAST: East, Air, Eagle, Visionary, & Enchantress.
 - SOUTH: South, Fire, Owl, Healer, & Death.
 - WEST: West, Water, Warrior & Crazy Woman.
 - NORTH: North, Earth (the element), Star, Teacher, & Trickster.
 - CENTER: Sky above, Earth (the being) below, & Dragon around.
5. Return to your altar in the center. There will be one object already there. It is a power object for the Unknown. You are asked to add a power object that embodies the Big Vision for you. Please actively hold the Big Vision here at your center altar.

(NOTE: Once you complete this step it is a good place to stop and return to OR if you need to divide this into two journeys.)

6. Starting to the east, move from the center to the east. Bow. Ask The East, “What message about True Love do I need from you?” Receive that message and bow out.
7. Move to the next direction, bow and ask the same question. Work your way around the circle clockwise, gaining wisdom from the directions and return to the center altar when complete.
8. Sitting at your altar, meditate on the four messages you received. When you feel ready, reach in to your heart and draw out something to embody True Love. Infuse it with True Love. Place it on your altar with the other two objects.
9. Leave the three power objects there and return to OR.

NOTE: To duplicate this cosmology, particularly the center altar, in OR or on your altar at home is an act of power. Feel free to do so.

Journey Process 2: Determining your Elemental Home

1. Return to your Cycle Cosmology Power Spot in NOR with your helping spirit.
2. Begin at the center altar connecting with the three energies there in the three power objects. When you are ready...
3. Begin by moving to the east. Bow to the elemental, in this case, Air.
4. Ask to feel the essence of the elemental. Connect with the elemental in some actual way in the journey.
5. When you feel the essence of the elemental energy state as a fact, "This is my true home." Notice the response of your Truth Cord to this statement. There is only one true yes to this statement. (NOTE: even for those who have developed the skills to work the CENTER, your body still has an elemental home base.)
6. When complete disengage the element in gratitude, bow out, and continue around the circle clockwise until you have connected with all four elements.
7. Consider which element your truth cord resonated with the strongest "yes" to your statement. Go back to that elemental and ask for some of that element to place on your altar.
8. Return to your center altar and place the fourth power object, the element there.

(NOTE: this is a good place to stop and return to OR if you need to divide this into two journeys.)

9. Return to the element that is your elemental home. Ask for the actions you need to take to develop your relationship with the element. For example, Earth asked a community member to leave physical offerings and a song to the spirits of the land in every new place he laid his head to sleep.
10. To develop the medicine of this element you will need to journey periodically to find out if your actions need to be upgraded to further develop the medicine.

NOTE: If this journey is too much, divide it up into two parts: the determination and the asking for the actions to develop the relationship. If you need even smaller steps then the smallest portions would be the following six separate journeys:

1. *East*
2. *South*
3. *West*
4. *North*
5. *Center with truth cord meditation and acquiring element for your altar.*
6. *Asking for the actions to develop the relationship.*

The Vision:

Last Mask Center offers the Cycle of Transformation in a way that

- Aligns with the full complement of the principles of shamanism,
- Aligns with and honors the full teachings of the heart
- Honors and efficiently utilizes the resources* of all realms,
- Cultivates a resource rich** environment,
- Uniquely and powerfully utilizes the shaman, and
- Is self-sustaining, ***

In a way that

- Shamanic needs are met directly,
- Every encounter with LMC encourages spiritual maturity, and
- Demonstrates the understanding of and value for connectedness,

So that students are empowered to live the teachings of the Cycle in joyful expression of their soul's purpose with *ayni* (reciprocity/gratitude) and care for the next generations.

* Where resources are at least but not limited to the shaman, the *ayni* of the community, space, time, money and energy as it is exchanged between people, between people and the environment, and between people and the Invisible World.

** Where resource rich means profitable in regard to all resources.

*** Where self-sustaining means that the Cycle teachings are joyfully and powerfully integrated in the lives of students such that the way of life that unfolds inspires expressions of the connectivity of all things and actions of reciprocity and gratitude.