

# Medicine Wheel

— LF's 5/29/26 Orientation Map —

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## NORTH EARTH

I have joyfully graduated from grounding my work in permission from a too-narrow container. I am grounding it in my highest intention. The structure that holds me now is alignment: creative, joyful, beautiful, transformative, confident, abundant, reciprocal, and wholly positive for me, my community, the land, and all that is.

## WEST WATER

I grieve the containers that held me, as I gratefully rest into the living water guiding me beyond them.

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I choose containers that can hold the truth, color, water, and abundance of who I am becoming.

## EAST AIR

The work is continuing. The container is changing. I accept the invitation to stop confusing the old container with the work itself.

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## SOUTH FIRE

I ensure color, beauty, confidence, and delight are understood as requirements, so the new work is alive enough to want me back.

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## WHY THIS WORKS

*The four directions now create a coherent movement:*

-  **North / Earth:** I know what holds me now.
-  **East / Air:** I name what is true.
-  **South / Fire:** I protect what makes the work alive.
-  **West / Water:** I grieve and let the living current guide me.
-  **Center:** I choose containers large enough for who I am becoming.

# EAST / AIR

Truth / Naming / Threshold / Context

*I name what is true.*

The work is continuing.  
The container is changing.  
I accept the invitation to stop  
confusing the old container with  
the work itself.

## ACTION CHECKLIST

- Use the core orienting truth: "The work is continuing. The container is changing."
- Place the key at the door.
- Prepare one clean sentence for Brian, only if needed.
- Release MeM from carrying the conversation.
- Practice naming context without over-explaining.
- Update the language around the artwork: "the next expression of my water work."
- Keep using the Jungian-First Insight Artifact Process by name.

## SOMATIC CUE

*What happens in my body when I name what is true?*

When this quadrant is alive in me, I feel: .....

My body says yes by: .....

Signals of misalignment: .....

## WHY THIS MATTERS



Truth restores orientation.



Context belongs at the threshold.



Naming prevents self-erasure.



Clear language helps the new container emerge.

## CURRENT REFLECTIONS / NOTES

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*In service to the Center: Truth*

*This quadrant helps me choose containers that can hold truth.*

# SOUTH / FIRE

*Color / Beauty / Confidence / Delight*

*I protect what makes the work alive.*

I ensure color, beauty, confidence, and delight are understood as requirements, so the new work is alive enough to want me back.

## ACTION CHECKLIST

- Make color a requirement.
- Create the Medicine Wheel graphic as a threshold artwork.
- Build a South / Fire materials inventory.
- Identify where delight is present.
- Watch for distorted Fire.
- Let the work want me back.
- Consider what artwork, ceremony, or installation could embody the full Medicine Wheel.

## SOMATIC CUE

*What happens in my body when the work feels alive enough to want me back?*

When this quadrant is alive in me, I feel: .....

My body says yes by: .....

Signals of misalignment: .....

## WHY THIS MATTERS



Color is part of the life-force.



Beauty is a requirement, not decoration.



Delight helps reveal the right container.



Clean Fire protects vitality without compromise.

## CURRENT REFLECTIONS / NOTES

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*In service to the Center: Color & Vitality*  
*This quadrant helps me choose containers that can hold color, beauty, and creative life-force.*

# WEST / WATER

Grief / Release / Living Current / Guidance

*I grieve and let the living current guide me.*

I grieve the containers that held me, as I gratefully rest into the living water guiding me beyond them.

## ACTION CHECKLIST

- Grieve the beach container with gratitude.
- Grieve the social/family container honestly.
- Go to water for centering before making major decisions.
- Take a small ice sphere to the Dragon Track soil-water marker.
- Let the ice sphere be portable water work.
- Continue working the dream Jungian-first.
- Clear shame, blame, guilt, fear, and old conditioning.

## WHY THIS MATTERS



Gratitude honors what held me.



Water restores centering and renewal.



Offerings help carry the work forward.



Grief clears the way for living guidance.

## SOMATIC CUE

*What happens in my body when I let grief and living water guide me?*

When this quadrant is alive in me, I feel: .....

My body says yes by: .....

Signals of misalignment: .....

## CURRENT REFLECTIONS / NOTES

Blank lines for reflections and notes.

*In service to the Center: Water & Guidance*  
*This quadrant helps me choose containers that can hold grief, renewal, and living guidance.*

# NORTH / EARTH

Ground / Structure / Alignment / Boundary



*I know what holds me now.*



I have joyfully graduated from grounding my work in permission from a too-narrow container. I am grounding it in my highest intention. The structure that holds me now is alignment: creative, joyful, beautiful, transformative, confident, abundant, reciprocal, and wholly positive for me, my community, the land, and all that is.

## ACTION CHECKLIST

- Use my highest intention as the primary container.
- Create a container test for future opportunities.
- Stop using outside permission as the main measure of whether the work can continue.
- Name the beach container as complete or graduated, not failed.
- Be selective about social containers.
- Treat boundaries as structure, not punishment.
- Begin building the next practical container for the work.

## WHY THIS MATTERS



Alignment is the new ground.



A right container can hold truth, color, water, and abundance.



Boundaries protect wholeness.



Structure helps the next form of the work emerge.



## SOMATIC CUE

*What happens in my body when I feel truly held by the right container?*

When this quadrant is alive in me, I feel: .....

My body says yes by: .....

Signals of misalignment: .....

## CURRENT REFLECTIONS / NOTES

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*In service to the Center: Abundance & Structure*

*This quadrant helps me choose containers that can hold alignment, reciprocity, and grounded abundance.*

# CENTER / INTEGRATION

Truth / Color / Water / Abundance

*I choose containers large enough for who I am becoming.*

I choose containers that can hold the truth, color, water, and abundance of who I am becoming.



## INTEGRATION CHECKLIST

- 1. Use the Center statement as my final decision test.
- 2. Review all four quadrants before major next steps.
- 3. Notice where I am shrinking to fit a too-small container.
- 4. Let completed containers be honored, not forced to continue.
- 5. Choose actions that hold truth, color, water, and abundance together.
- 6. Let the next container emerge from alignment rather than urgency.
- 7. Return to the full wheel when I need orientation.

## WHY THIS MATTERS



The Center gathers the four directions into one way of moving.



Integration keeps action from becoming fragmentation.



The right container holds truth without erasure.



The next form of the work emerges from wholeness.



## SOMATIC CUE

*What happens in my body when I choose a container large enough for who I am becoming?*

When this center is alive in me, I feel: .....

My body says yes by: .....

Signals of misalignment: .....

## CURRENT REFLECTIONS / NOTES

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*In service to the Center: Wholeness*

*This page helps me gather truth, color, water, and abundance into aligned action.*

