

The Living Medicine Wheel

— LF's 9/28/26 Strategic Plan Overview —



WHY THIS WORKS

The four directions create a living movement:

-  North / Earth: aligned structure helps the work take root.
-  East / Air: clear naming makes the route visible.
-  South / Fire: beauty and aliveness reveal the form.
-  West / Water: reciprocal circulation keeps the current alive.
-  Center / Still Point: vertical receiving meets horizontal circulation.

The work and the woman doing it are both meant to prosper.

NORTH / EARTH

Ground • Structure • Alignment • Boundary • Embodiment • Prosperity

*I build and recognize structures
in which aligned life can take root.*



North is where aligned work
becomes a life.
Highest Intention is the ground.
Boundaries protect coherence.
Practical structures support body, home,
resources, creativity, and rest
so the work and the woman
can prosper together.



ACTION CHECKLIST

- ☐ Use Highest Intention as my ground.
- ☐ Test opportunities for alignment, fit, and reciprocity.
- ☐ Choose structures that support both the work and me.
- ☐ Protect time, energy, body, and creative attention.
- ☐ Build practical supports for home, income, workspace, and rest.
- ☐ Let prosperity become visible evidence of alignment.

WHY THIS MATTERS



Alignment needs somewhere
to live.



Boundaries preserve coherence.



Structure makes creative
life sustainable.



Prosperity helps the work
take root in Earth.



SOMATIC CUE

*What happens in my body when a structure
truly supports me?*

When this quadrant is alive in me, I feel:

My body says yes by:

Signals of compression or depletion:



CURRENT REFLECTIONS / NOTES

*In service to the Center: Embodiment & Prosperity
North gives what is alive enough ground to become a life.*

EAST/AIR

Truth • Naming • Threshold • Language • Tracking • Articulation

*I name what is happening
and let language clarify the route.*

East is where what arrives
becomes legible.
I receive before forcing meaning.
Careful naming protects truth.
Tracking words, symbols, and
crossings helps inner receiving
become shareable form.

ACTION CHECKLIST

- ☐ Record what arrives before interpreting.
- ☐ Distinguish perception, association, inference, and fact.
- ☐ Ask what this is doing, not only what it means.
- ☐ Track recurring images, words, and functions.
- ☐ Let language clarify the route into relationship.
- ☐ Keep mystery without losing truth.

WHY THIS MATTERS



Truth restores orientation.



Naming gives the crossing form.



Tracking reveals pattern
across time.



Articulation helps the inner
become shareable.

SOMATIC CUE

*What happens in my body when something
becomes clearly enough named to feel true?*

When this quadrant is alive in me, I feel:

My body says yes by:

Signals I am forcing interpretation:



CURRENT REFLECTIONS / NOTES

*In service to the Center: Truth & Articulation
East helps what arrives become clear enough to move.*

SOUTH / FIRE

Color • Beauty • Delight • Desire • Expression • Making

I protect aliveness and let beauty, play, desire, and making reveal the form.



South is where what is received becomes alive enough to take form.

Beauty is part of the method.

Desire is information.

Art, color, play, and embodied pleasure help the work move toward making.

ACTION CHECKLIST

- ☐ Protect color, beauty, play, and delight as real information.
- ☐ Notice what genuinely draws me.
- ☐ Support writing, weaving, painting, and making.
- ☐ Let dream material become physical when it feels alive.
- ☐ Use art to discover meaning, not only display it.
- ☐ Notice which work wants me back.

WHY THIS MATTERS



Beauty carries information.



Desire can reveal direction.



Making lets insight enter matter.



Aliveness helps the genuine form appear.



SOMATIC CUE

What happens in my body when something I am making becomes truly alive?

When this quadrant is alive in me, I feel:

My body says yes by:

Signals that Fire has become forcing or performance:



CURRENT REFLECTIONS / NOTES

In service to the Center: Aliveness & Embodiment
South gives what is emerging enough beauty and vitality to become form.

WEST / WATER

Current • Reciprocity • Dreaming • Still Point • Guidance • Return

*I listen within the living current, receive what arrives,
notice what returns, and let reciprocal movement
teach me how to flow.*

West is where receiving
becomes relationship.
The Still Point keeps me coherent
within the current.
Dreams, thresholds, and return
reveal how what moves through me
also moves back toward me.
Reciprocity keeps sacred work alive
without turning me into its sacrifice.

ACTION CHECKLIST

- ☐ Carry clear intentions toward sleep when helpful.
- ☐ Receive dream and threshold material before interpreting.
- ☐ Hydrate what arrives slowly enough to discover relationship.
- ☐ Notice what returns: support, beauty, opportunity, love, rest, or money.
- ☐ Celebrate return without turning every arrival into assignment.
- ☐ Remain available without pursuit.

WHY THIS MATTERS



Stillness makes listening possible.



Water permits change without loss of self.



Reciprocity keeps sacred work from becoming one-way extraction.



Return reveals what the relationship is producing.

SOMATIC CUE

*What happens in my body when I am in reciprocal
relationship with the current rather than
responsible for driving it?*

When this quadrant is alive in me, I feel:

My body says yes by:

Signals I am pursuing, overholding, or giving without return:



CURRENT REFLECTIONS / NOTES

In service to the Center: Receiving & Reciprocity

West teaches me to receive, listen, return, and be nourished by the living current.