The Life Wheel

Playing with a life wheel is a creative activity by design. At its simplest, the circular shape is a container. It provides safe boundaries within which the work can take place. As a developmental, healing, and transformational tool, the wheel provides a strong foundation for Mystics on the path. It's where all the elements in the journey are anchored. The wheel will show up over and over along the journey. It will show up as a tool for visioning, honouring, tracking, celebrating, planning, gathering, strategizing, or transmuting. It will show up in ways that seem natural, and it will show up in ways that may surprise you.

In many indigenous traditions, a medicine wheel is a metaphor that illustrates unity with oneself, the community, nature, and Spirit. The life wheel is a kind of medicine wheel. Think of a sundial, clock, or compass. Like the medicine wheel, these are all circular technologies based on nature's rhythms and cycles. The wheel lends itself to expressing whatever we crave: time, seasons, space, connection. As a species, we've designed these tools from a place of wanting to relate to the world around us, from a desire to feel secure and connected in our journey.

The directions in a wheel can denote anything from the passing of a day to the passing of a lifetime. North signifies preconception, the pause between lifetimes, and northeast brings the yearning for new life. East is the birthplace. The toddler reigns in the southeast, the child in the south. The southwest signifies the teenage years. The west is the home of the adult. Northwest brings the twilight years, and the passing of the life cycle to begin again in the north. The directions add layers of significance to your wheel.

Even the movement of your arm as you draw the outline of a circle is a declaration of unity and integrity. For the Zen monks, drawing a circle every day is a form of meditation. To draw yourself into a circle is to acknowledge, in a deep and unmistakable way, that everything in your life is a part of nature, is unified, and is governed by natural rhythms and cycles. Your wheel, metaphorically and literally, positions you as a force of nature.

Connecting to a method such as this will allow you to 'See' your universe and your 'Journey Around It'. It can foster the necessary balance, growth and change you seek.

—Julian Roberts

All rights reserved ©2020 LindsayPera.com | The Mystics Society

It's All You

The world is going through unprecedented times of change. Unity is of the utmost importance now more than ever. The only way to achieve unity is by remembering that we are whole beings. Your whole self wants to be seen and expressed in every area of your life. There's no longer time to compartmentalize. On the contrary, challenging times call for additional measures of connection, not less. Compartmentalization creates separation, and separation causes pain, now more than ever. You don't have to isolate your heart's desire and your values from how you make your money or spend your time. Oneness with yourself: That is the medicine of the life wheel.

Think of your wheel as a version of you outside of yourself, a mirroring tool that teaches you how to see yourself whole. Though you may use spokes to help yourself visualize areas in your life wheel, each area supports every other area. Everything in your life is a part of your wheel right now. There is no separation. As you place elements in your wheel, you are honoring them: You are claiming that everything belongs. No magic can happen without a container to hold it. Your wheel is a universal container.

A beautiful shift starts to take place when you first draw a life wheel to represent yourself. When you visualize your life on the wheel, you realize you are a whole, complete being with many different parts. You see them all together in the wheel and it reminds you that the pieces are all connected. Each part supports every other part. Everything in the wheel is who you are.

Draw a circle and start by asking yourself what the main component of your life is. Your body, your mind, and your soul should be big parts of it. As you go around the wheel, include your work, your partner, your friends, your children, your passions, your hobbies, and your community. Every connection that feels relevant should be part of your wheel. Seeing all parts of yourself on the wheel helps unlock the magic of feeling whole. The life wheel process will support you as you weave together all the different pieces of yourself. Savor the oneness as it unfolds.

"The Sacred Circle of the Medicine Wheel, and the Sacred Teachings, encapsulate all the spiritual wisdom required to guide the healing journey, sustain healing relationships, and promote positive change."

—JNabigon et al., 2014

All rights reserved ©2020 LindsayPera.com | The Mystics Society

Wheels in Motion

After you've dipped your toe into the experience of seeing yourself through the wheel, it will be time to move things around. Interact with your life wheel daily, weekly, monthly, seasonally, annually, or whenever you feel called to. If you're calling in change, however, work with your wheel as often as you can. Use your wheel practice as a map to visually acknowledge your core authentic resonance. Visualize yourself standing at the center of your wheel. Explore the 360º experience of being you.

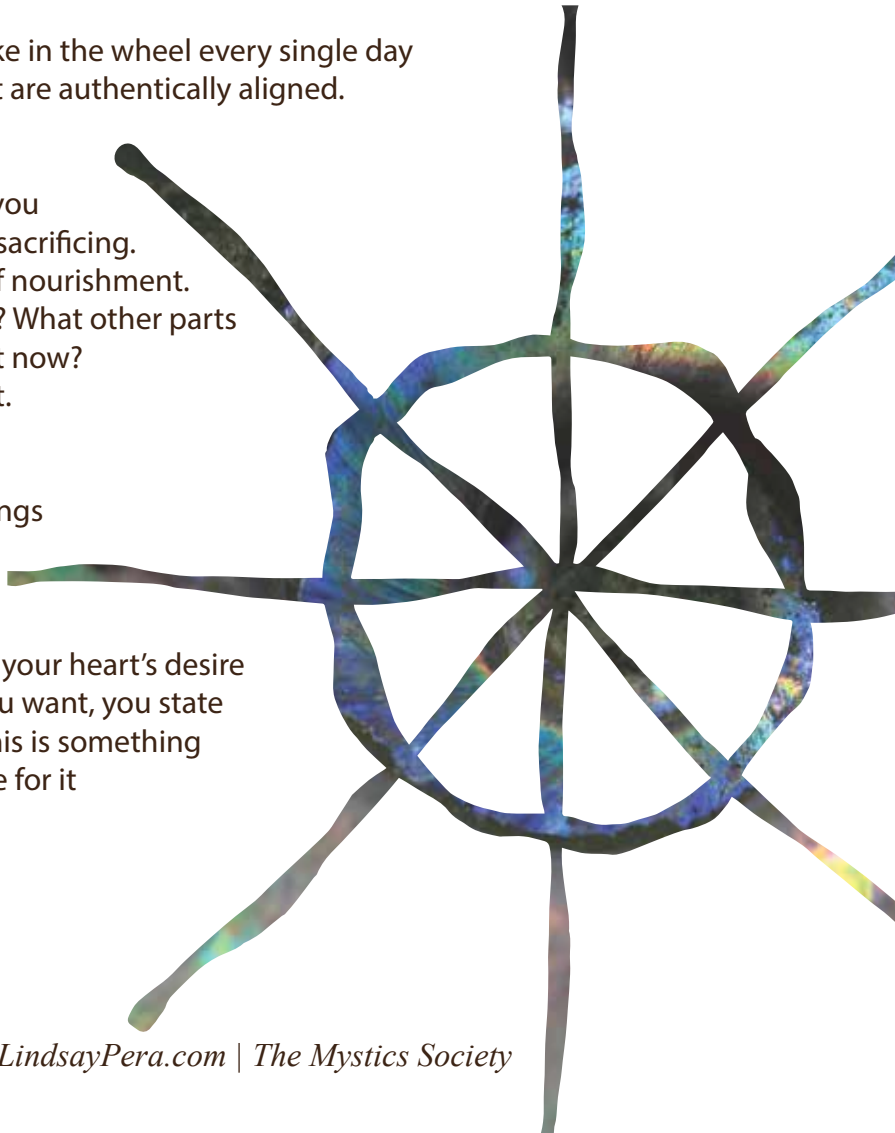
Your wheel is the container of your experience. Inside it, a magical overlap takes place. When you interact with your wheel, allow for change, and see yourself within it whole, you start to weave what is and what wants to be. As these dimensions come together in materiality, engage with your wheel and experiment. Think of it as your personal mystic workstation.

Supporting Elements—
Perhaps one or two areas of your wheel are calling you more than others right now. If that is the case, chances are a few of the remaining areas can actually spare that energy for the moment. What can you soften or release?

It's totally okay to not activate every single spoke in the wheel every single day as long as you're making conscious choices that are authentically aligned.

Peripheral Vision—
It's equally important to pay attention to what you might unwittingly be turning your back to and sacrificing. Notice the parts of you that might be in need of nourishment. Is your self-care suffering because of your work? What other parts of your wheel could support your self-care right now? Commit to nourishing what needs nourishment.

Make Room for Your Heart's Desire—
As you look at your wheel, you might notice things you feel are missing. Perhaps you want a deep love relationship or more money. Don't be afraid to be specific in your intentions. There's tremendous power in holding space for your heart's desire on your life wheel. By making room for what you want, you state your intention to the universe. You say, "Here, this is something I value and want. I will name it. I will make space for it on my wheel and in my life."



All rights reserved ©2020 LindsayPera.com | The Mystics Society

Break Down and Zoom In—
Focus on specific segments of your wheel by breaking them down into smaller segments, or even smaller wheels. Think of each spoke on your wheel like a prism or fractal. Maybe you want to go deeper on the "body" segment on your wheel. You might break it down into "passive healing" and "active healing." Passive healing could include massage, acupuncture, or even a simple bath. Active healing could be horseback riding, yoga, walking, or dancing. You can simplify your life by merging and stacking functions when you understand how each part of your wheel is activated in your everyday experience.

Unknown Treasures—
Another powerful practice is to allow for mystery and the unknown. Maybe you're feeling unfulfilled, lost, or stuck and unsure of your direction. Perhaps you already feel there's something out of alignment but you can't quite see it yet. Hold an open space for something even better than what you envision. Keep a placeholder spot open to allow space for magic to flow in. If it's on the wheel, it's already part of your wholeness.

Release and Let Go—
It's particularly empowering to let go of what no longer serves your highest good. It could be a relationship, a position you hold, a stale project, or something else that feels out of alignment. When you see this on your wheel, ask yourself if this is how you really want it to be. Ask yourself if this is the way you really want to experience your life journey. Taking something off your wheel is a powerful gesture to the universe. It says, "I'm changing this. I'm not allowing this to drain me. I'm not allowing this to take me away from the things I choose to consciously align with now."

Rings

Throw a rock into a pond and you'll see concentric rings ripple out. Notice how, as the ripples get wider and wider, they become softer, easier to disturb, less predictable. There's a lesson here: Without activation at the center, there are no ripples. This is a powerful metaphor for our priorities.

The practice of setting up and playing with your rings teaches you to claim the center spot in your wheel. Your rings are concentric wheels that help you anchor what matters most to you in the present moment. When you put all of your energy in the periphery (the resulting ripples, rather than the core activation), it's easy to give in to overwhelm.

A never ending list of to-dos can be scary. It can suck you back into autopilot quicker than you realize. Once you're committed to your journey, map out your priorities and anchor what matters most. Your rings will support you. Your rings are a magical tool for setting priorities. You can use them to adjust your course as needed, and trust you're doing what is most important at every moment.

All rights reserved ©2020 LindsayPera.com | The Mystics Society

Create Your Rings

(expand from the center)

Draw a small circle on a piece of paper. This is your center ring. Now, draw a bigger ring around it. Keep drawing larger and larger rings until you have several. The innermost represents what is most important to you, that which you can call upon when all else fails. It's your source of comfort, connection, trust, and hope. Then, your next ring is the second most important thing in your life, and so on. Setting up your rings is a powerful process. It invites you to really decide—right now, at this moment—what comes first, second, third…

A possible setup for your rings could have your connection to Source, or Spirit, or God, or your belief system at the very center. That's where you recharge when you're feeling depleted. Your second ring could be your connection to yourself: body, mind, self-care. The next rings could be your closest relationships, your work, your projects, your community ties, etc.. Allow yourself a little time to play with your rings and decide on a setup that feels right, here and now. Once you've filled out your rings, look at your life wheel. What on your wheel takes up the most time and energy? Do your rings reflect that?

There's no right or wrong way to set up your rings. Rings aren't limiting or static. Move them around based on what is real and true for you at the moment. A big journey rarely, if ever, goes as planned. Circumstances will call you to shift and adjust, and, when they do, your rings will support you in shifting gracefully. Rings are a metaphor, a visual representation of your priorities. They help you discern priorities that can be moved around (outer rings) from those which are non-negotiable (inner rings). Honoring your inner rings ensures you can show up whole and be of service in your outer rings. When you know your rings, you gain the power to set boundaries in a self-loving, dynamic way.



All rights reserved ©2020 LindsayPera.com | The Mystics Society

Extreme Measures

Rings will support you as you unlearn the toxic cultural patterns that lead to strain and burnout. They will teach you to always put on your own oxygen mask first. When you hit times of pause or crisis, returning to your rings will remind you what is most important. People diagnosed with cancer often talk about how suddenly everything became clear to them. This is because extreme circumstances have a way of bringing us back to our inner rings.

If you're spending all of your time and energy in the pursuit of a promotion, a dream house, or a romantic partner, a seemingly tragic event might be a path to realizing what matters most. Sometimes, it takes a crisis to break the cycle and force us to focus on our health, healing, and the process of coming into balance.

Rings are useful during a wake-up call. Where does your energy want to be focused right now? Let the other things take an outer ring for the time being. Return to your inner rings and build out from there to find your footing again.

You may need to move your rings around as you go through life changes. If you have an ailing parent who needs your support, for instance, you might need to move that ring closer to the center.

Using your rings will allow you to make conscious choices in very difficult situations (such as how to support an ailing parent) so you don't end up feeling torn or spread too thin. Your rings are a beautiful way to help you expand your capacity to handle the left turns in life as they present themselves to you. This is a powerful practice that you can revisit whenever you need to realign your priorities.



All rights reserved ©2020 LindsayPera.com | The Mystics Society