

Join us...

The Modern Mystic Institute Offers Tools and Insights for Shifting Times

Welcome!

Tools and Insights for Shifting Times…

- **About Mystics Salons**
- **Society and new friends**
- **We are here to serve**
- **About me**
- **About these times: between curves, adaption and resiliency**
- **The time to call in #miracles is now**
- **Let yourself be guided**

Thank you for joining us…

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

Mystic Salon Topics

Tools and Insights for Shifting Times…

- **April I** Anticipating Shift: The Transformation Lifecycle
- **May I** Your KEY to Safe Shift: Creating Resonance using ACAR model
- **June I** Overcome Anything: The Gratitude S.E.C.R.E.T
- **July I Lost no more -** Clarity in Chaotic Times (The 8 Directions and how to summon them)
- **August I** Ancient Tool for Manifesting Anything and Everything (The Wheel & Rings primer)
- **September I** Create the Container for your Desires: The Magic Triangle
- **October I** Turn Envy into Manifestation: Alchemy of Envy
- **November I** The Worry / Knowing Framework and how to claim it
- **December I** A Map for New times: The Mystics Manifesto

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society



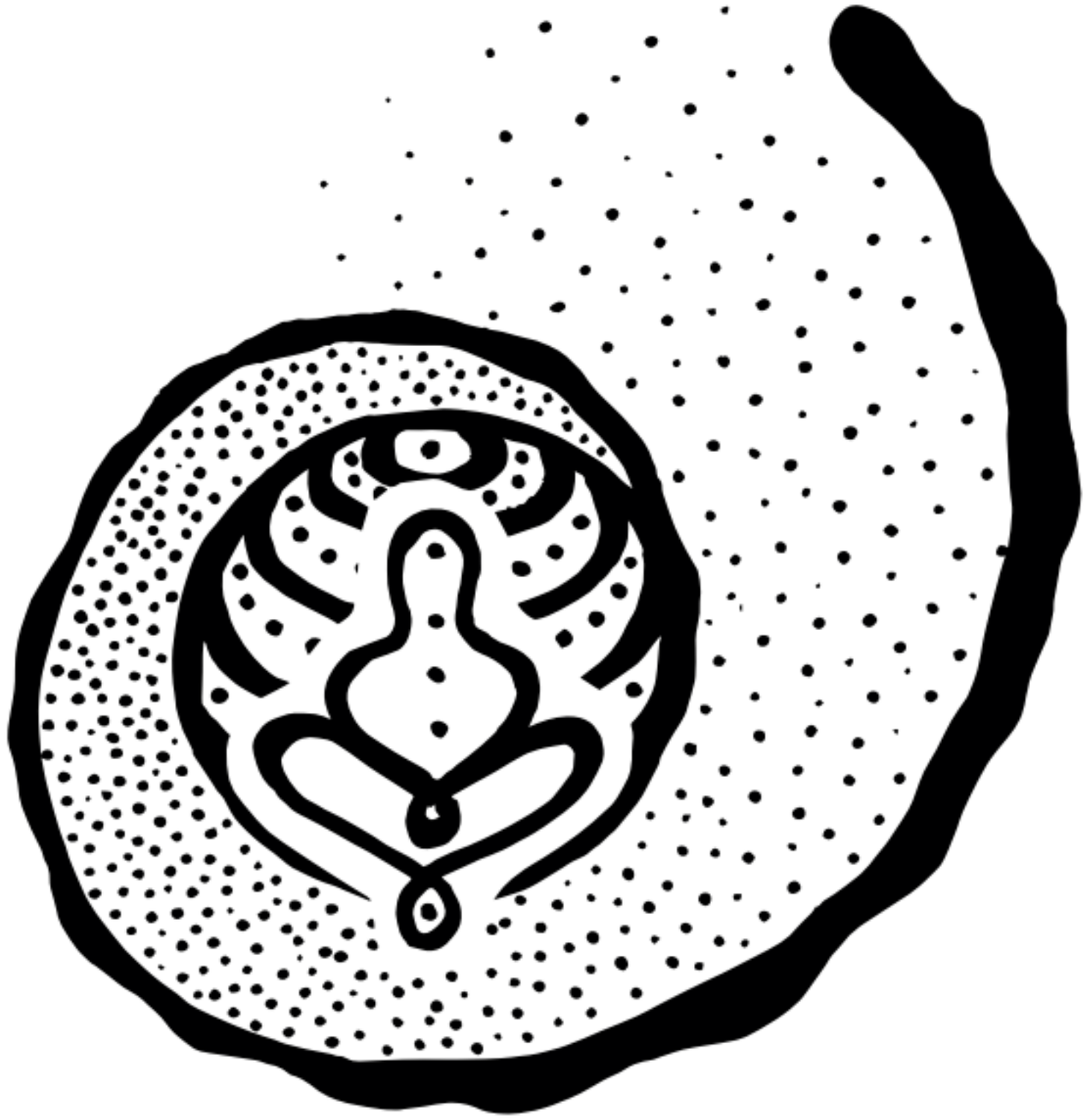
About these Salons

Tools and Insights for Shifting Times…

- **Bringing resources out from the inner rings**
- **Applying new paradigm frameworks and methodologies to your life AND livelihood**
- **Restoring a container for conversations of the Mystics Path**
- **Each Salon will focus on a single framework you can apply immediately**

…your presence is all that is required (owl eyes + deer ears)

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society



Bringing our Hearts and Minds Together

Intentions for this Salon

In this Salon we will…

∞ Learn how to create your unique life wheel

∞ Practice using the wheel to assess your needs, desires, and intentions

∞ Create a sacred promise for each spoke on your wheel

∞ Understand how to turn your wheel into “rings” - rings help you prioritize and release overwhelm and stress

∞ We will also touch on the connection between the wheel and manifestation and more…

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

The importance of the Wheel

- Building on a tradition connected to our original instructions
  - the medicine wheel
  - the compass
  - the nautilus
  - the Mayan calendar
- Ways to understand one's PLACE in space and time
- One of the most important frameworks of the Mystic Path
- A pathway to inherent manifestation

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

Remember about containers?

Containers allow for the flow of all that will be…

Containers of the Mystic:
~ Wheel
~ Rings
~ Triangle
~ Prism

And of course…..

Books, courses, memberships, service offerings and more.

The Wheel is a container for your life, livelihood, intentions, thought leadership and more.

YOUR WHEEL AND RINGS
An ancient tool for manifesting

The wheel will show up over and over along the journey. It will show up as a tool for visioning, honoring, 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.

If you don't know your "wheel" and your "rings" do you really know yourself?

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society



Wheels and rings are everywhere…

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society



…in the forms of nature



…in circles of community

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society



…instinctive form of grids and guidance

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society



…mystic circles and masterminds



…an ally and tool in workshops and retreats

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society



…in ceremony and in sacred space

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

Wheels as frameworks for thought leadership…

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

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

The 8 Shields Institute



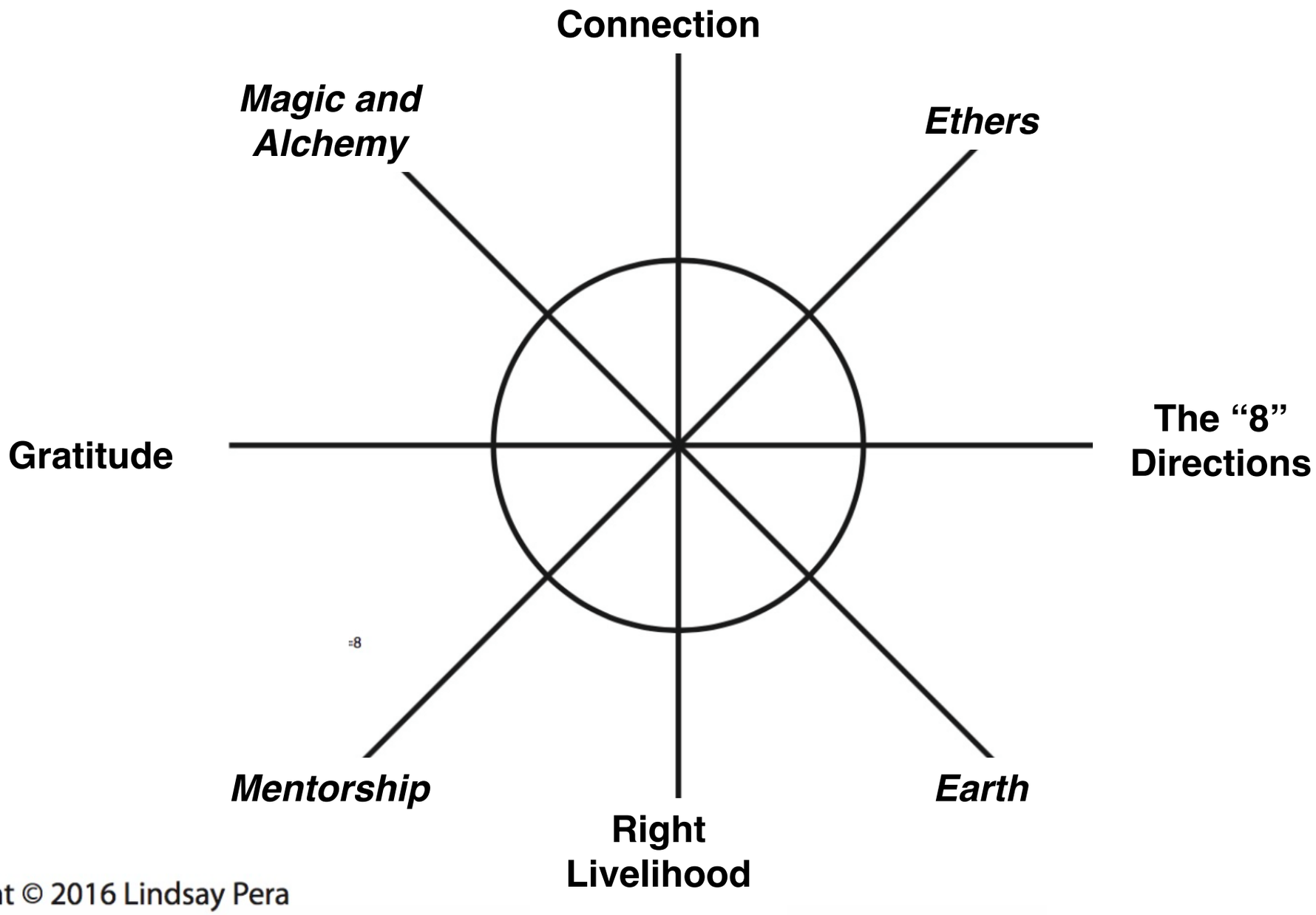
…one of my first #connected wheels

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

Mystic's Society
Purpose. Passion. Prosperity.

Lindsay Pera
Thrive. Expand Connect.

The Mystic Universe Wheel

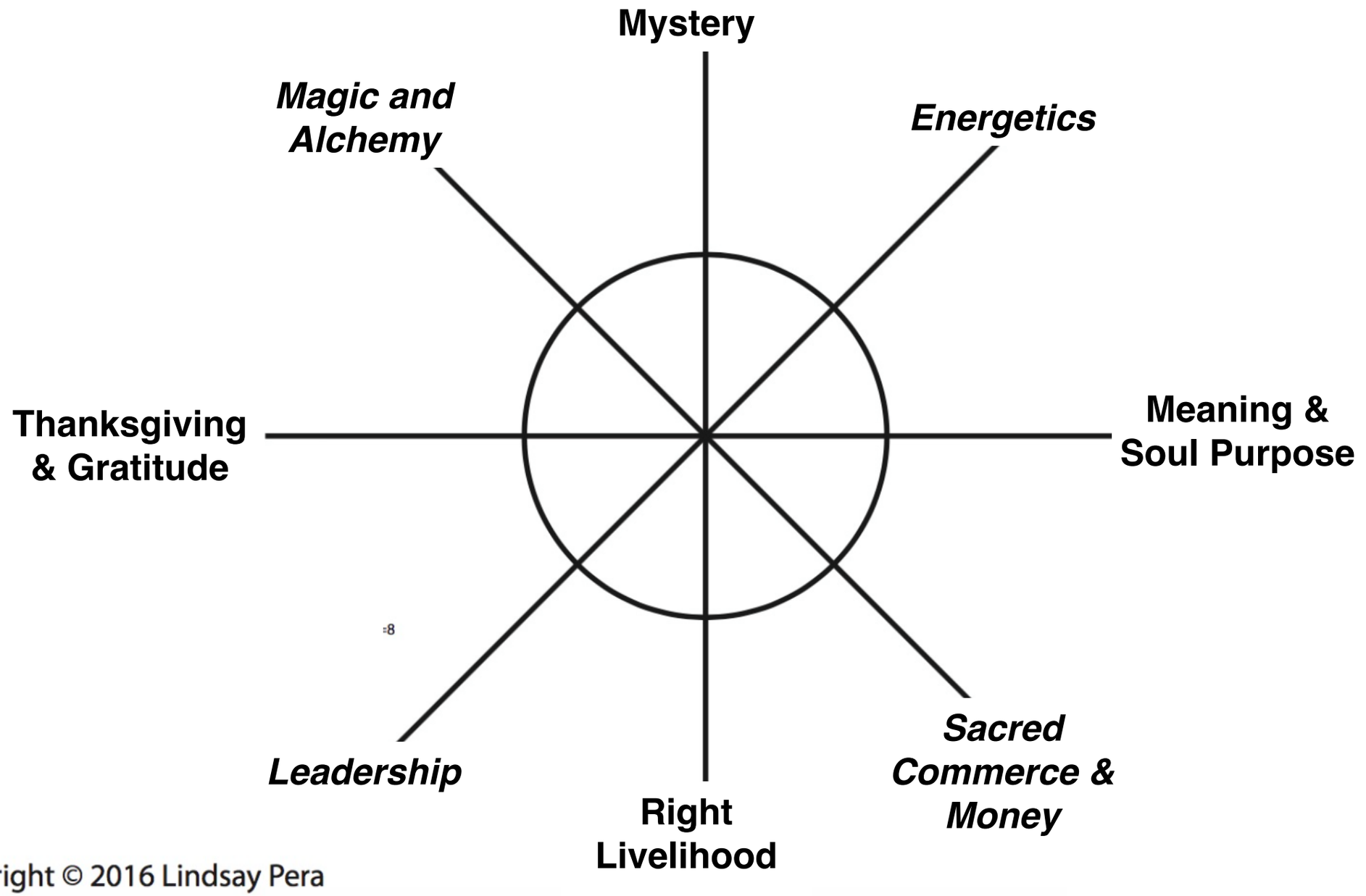


Copyright © 2016 Lindsay Pera

Mystic's Society
Purpose. Passion. Prosperity.

Lindsay Pera
Thrive. Expand Connect.

The Mystic's Society Wheel



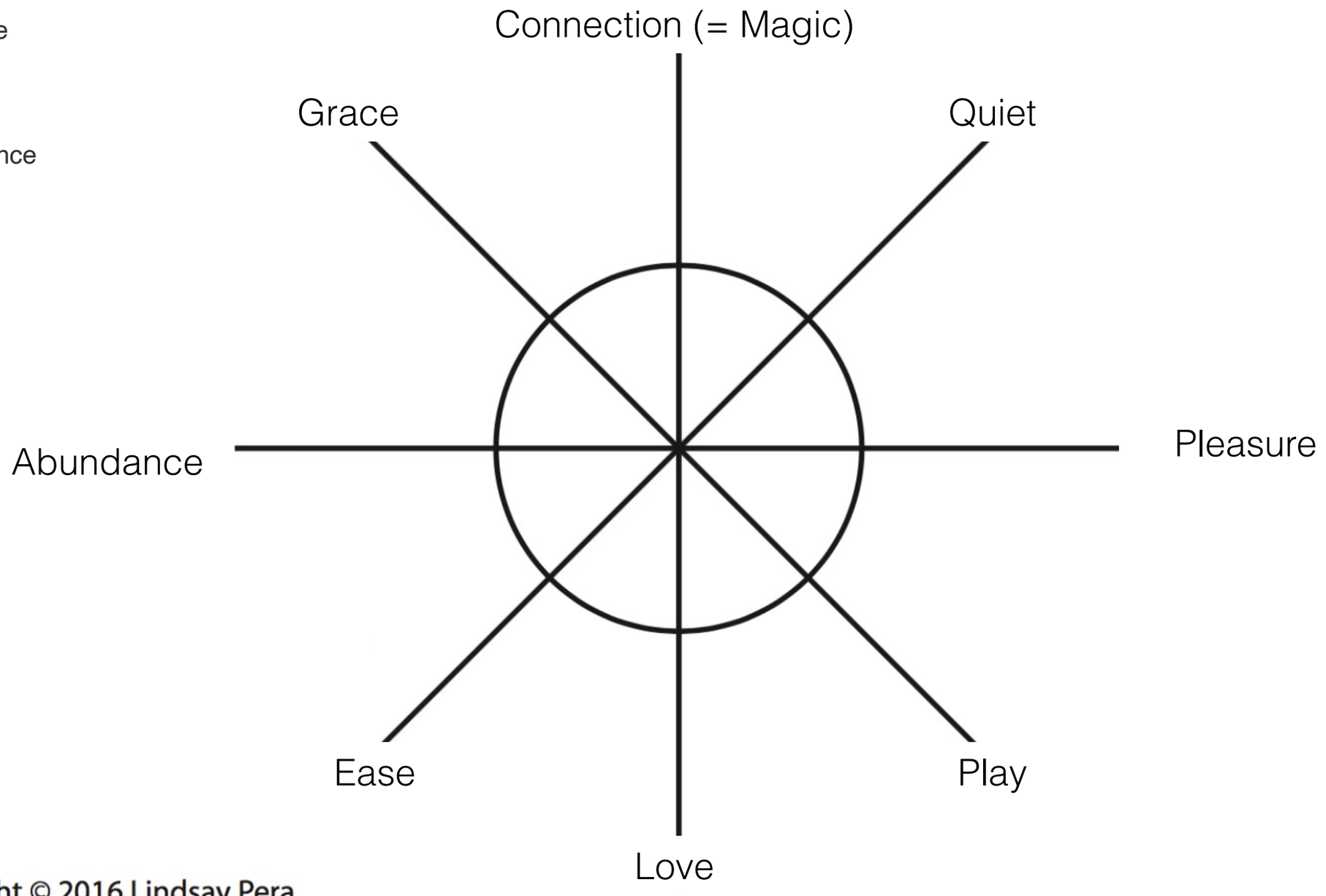
Copyright © 2016 Lindsay Pera

Mystic's Society
Purpose. Passion. Prosperity.

Lindsay Pera
Thrive. Expand Connect.

Wheel of Mystic Attributes

Connection
Quiet
Pleasure
Play
Love
Ease
Abundance
Grace

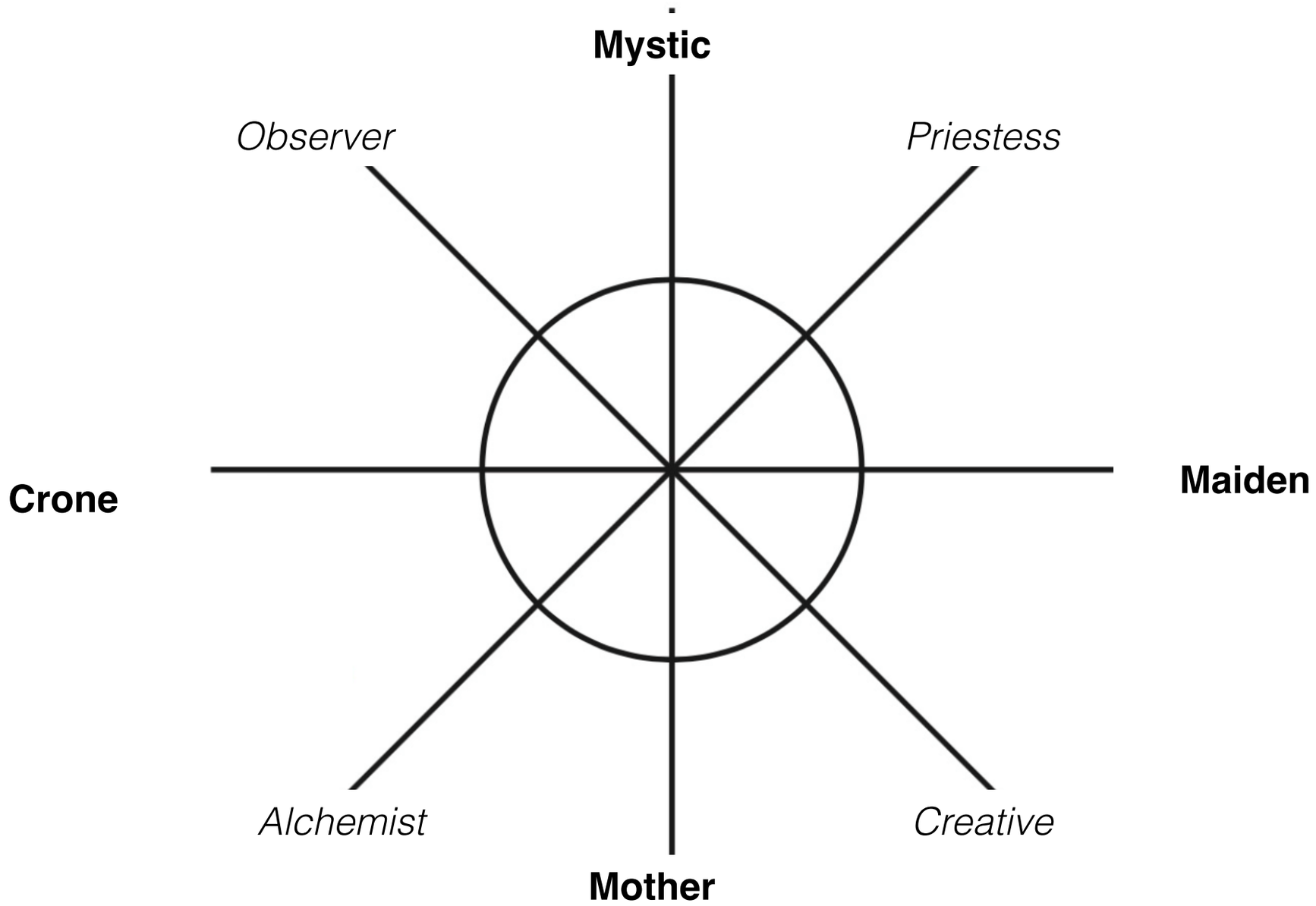


Copyright © 2016 Lindsay Pera

Mystic's Society
Purpose. Passion. Prosperity.

Lindsay Pera
Thrive. Expand Connect.

Mystic Priestess Wheel

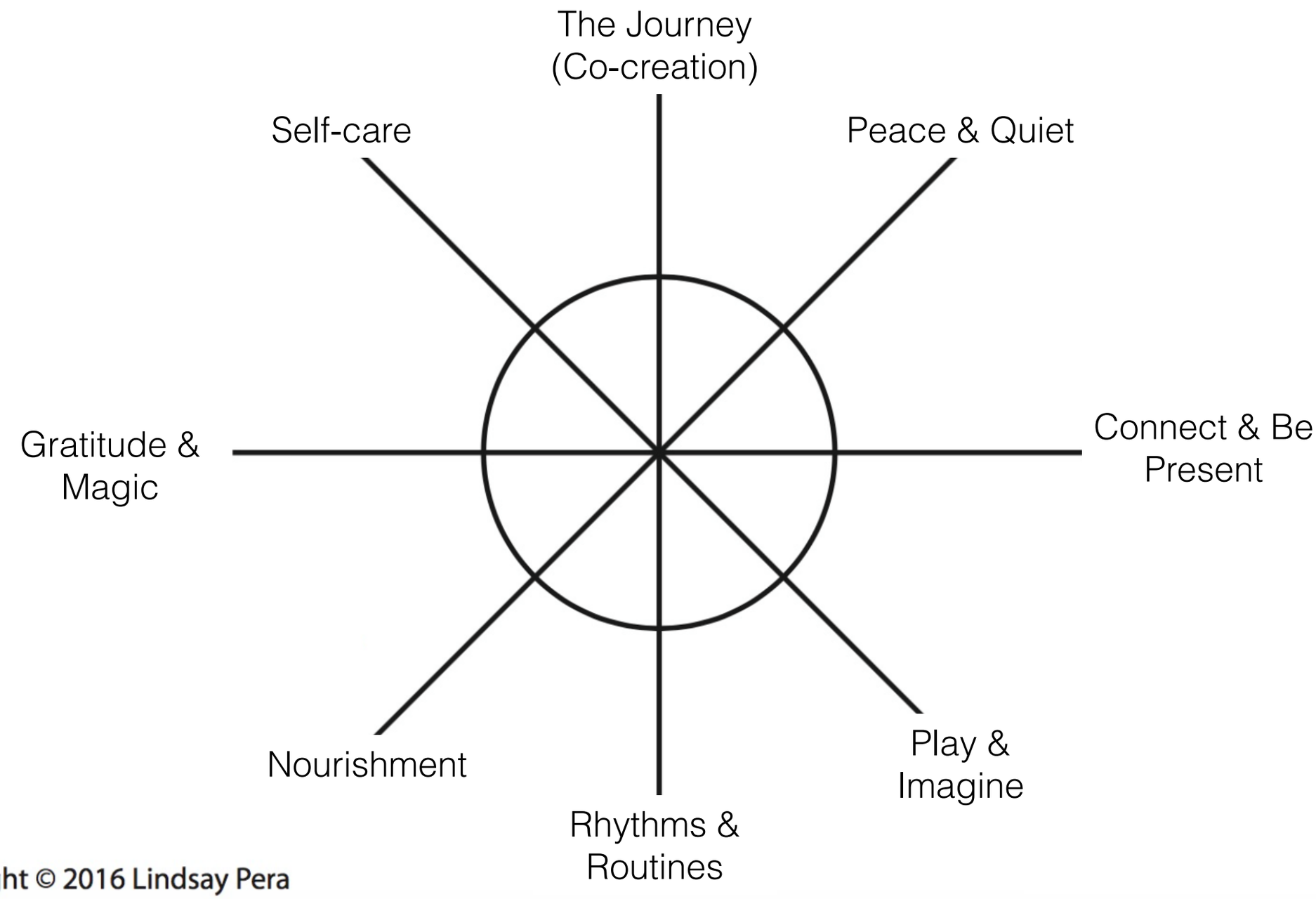


Copyright © 2016 Lindsay Pera

Mystic's Society
Purpose. Passion. Prosperity.

Lindsay Pera
Thrive. Expand Connect.

Mystic Mother's Wheel



Copyright © 2016 Lindsay Pera

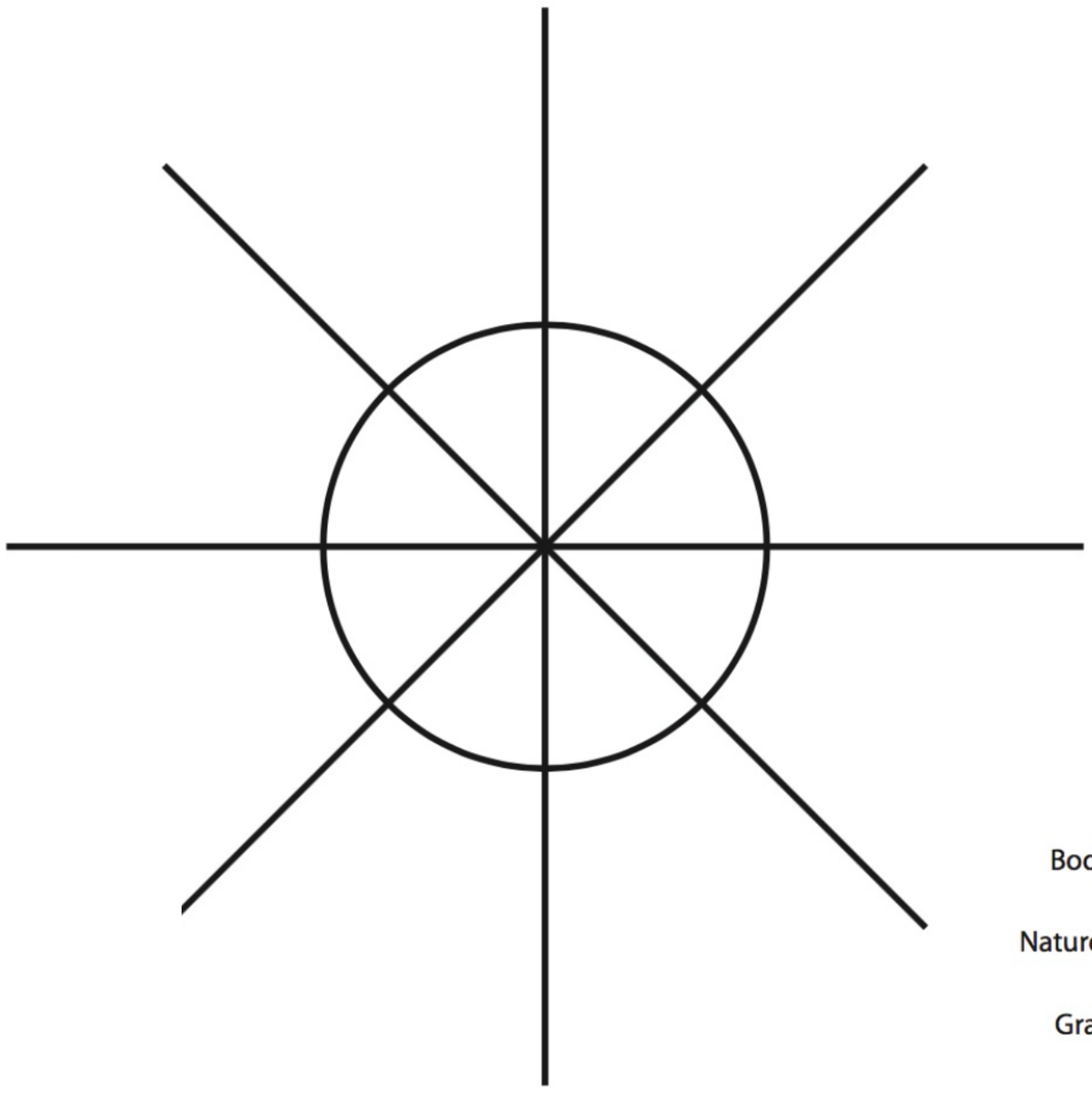
Divination Soul Resonance & Priority

Calling in…
N - Witness
E - Clarity
S - Support
W - Honoring

Aligning to…
Purpose _____
Path _____
Prosperity _____
People _____

Energies…
N - Pause
E - Create
S - Chop Wood Carry Water
W - Curate

Guidance…
Ethers _____
Inspiration _____
Earth _____
Gratitude _____



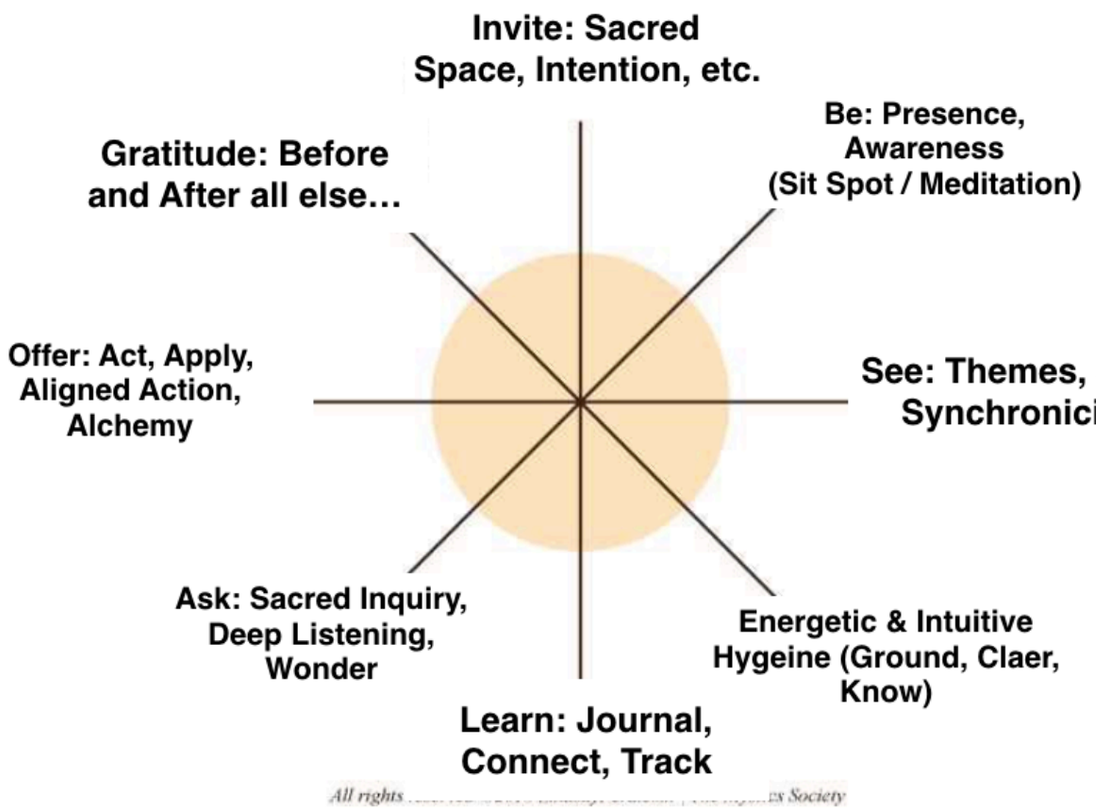
Example



CORE ROUTINES

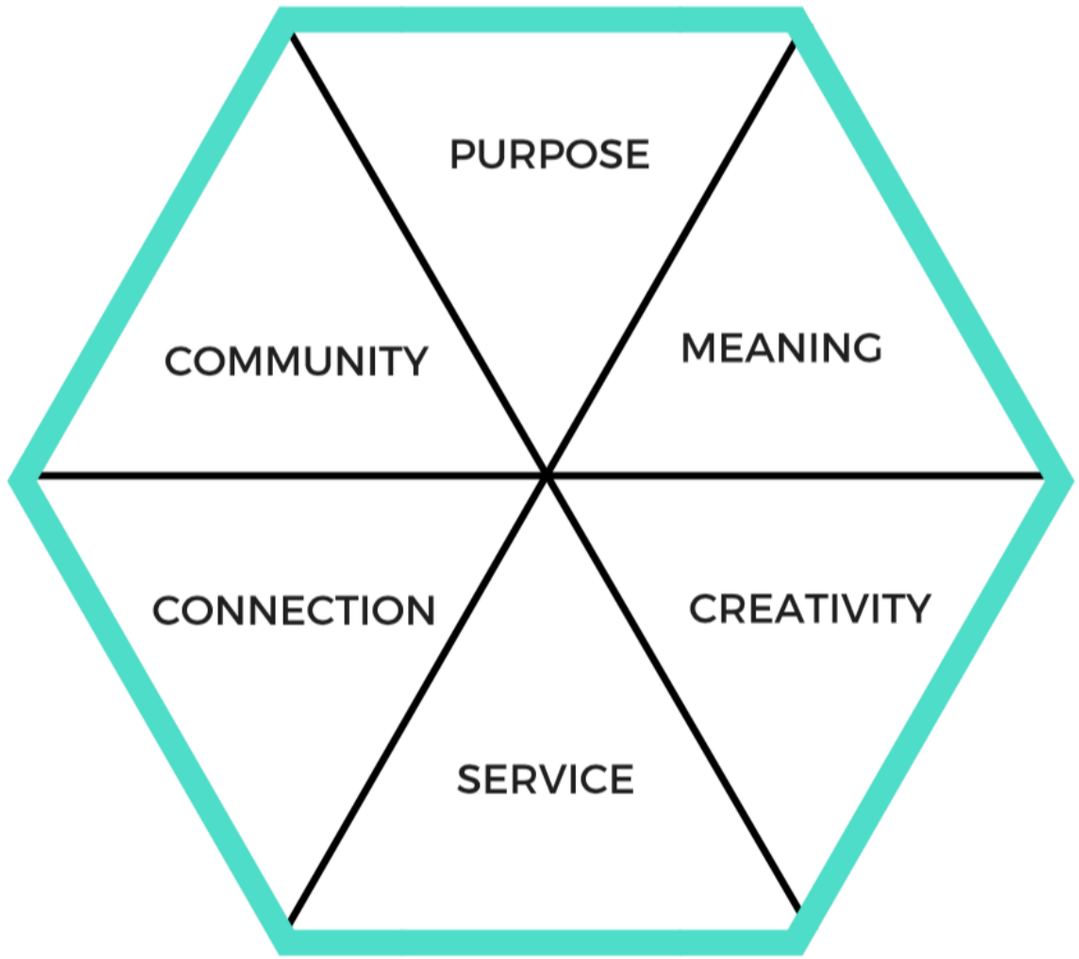
- For survivial / thrival
- For developing intuition and “knowing”
- For energetic support
- For cultivating resonance

Core Routine Wheel



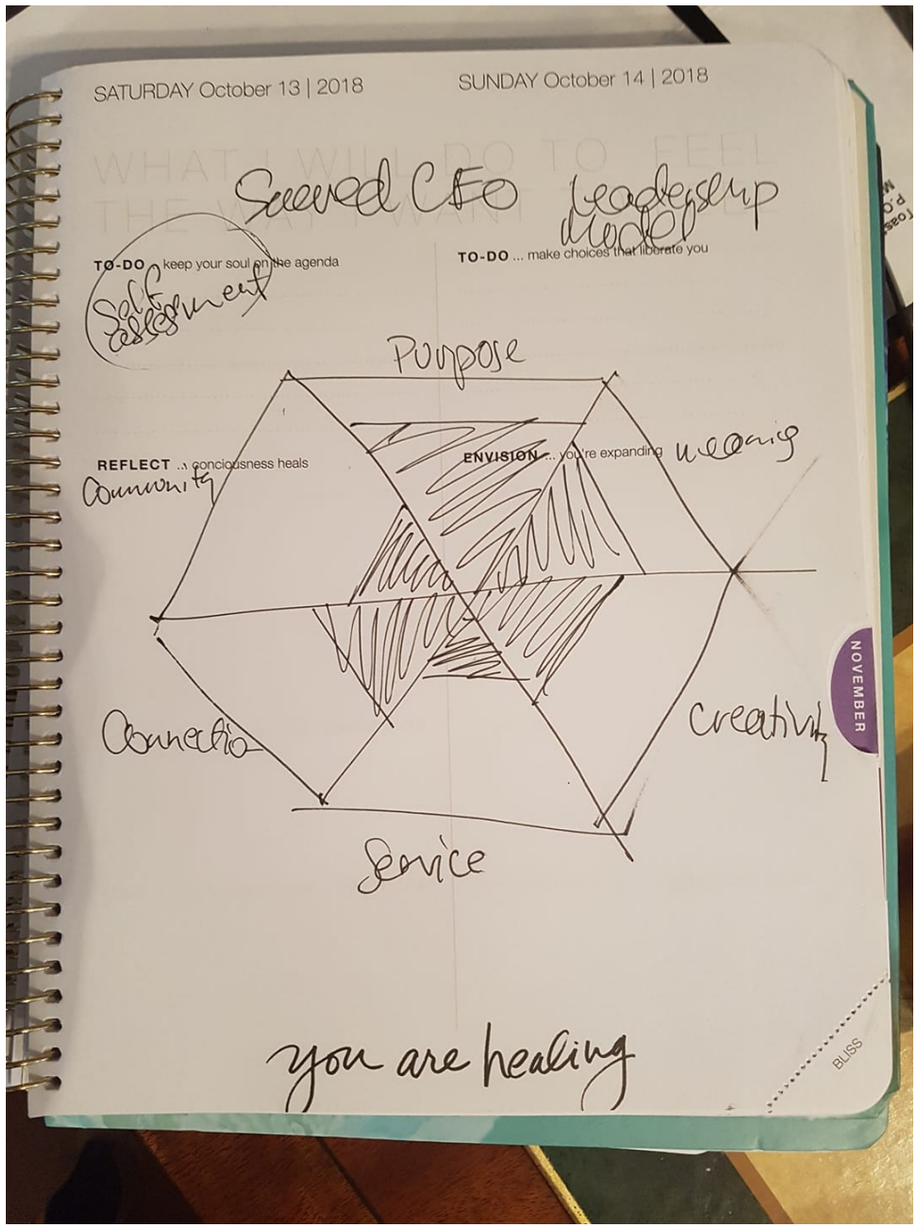
All rights ... Society

The Sacred CEO Leadership Model™



Copyright © 2016 Simply Sacred International. All Rights Reserved

Following a model…create your own!



A client's leadership wheel in action

…for reflection
…for self-assessment
…for inviting shift

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

Wheels to guide strategic planning…

Products

Almanac

Oracle

Channel

Blog

Sessions

Medium

Society

Guide

Email List

Third Door

Remember

Inspire

Courses: JRL / DTM

Book projects

Write

Teach

Groups

Lead

Activate

365 Series

Connect

daily oracle

Retreats

Website
YouTube
FB
IG
Twitter
LI
Pin

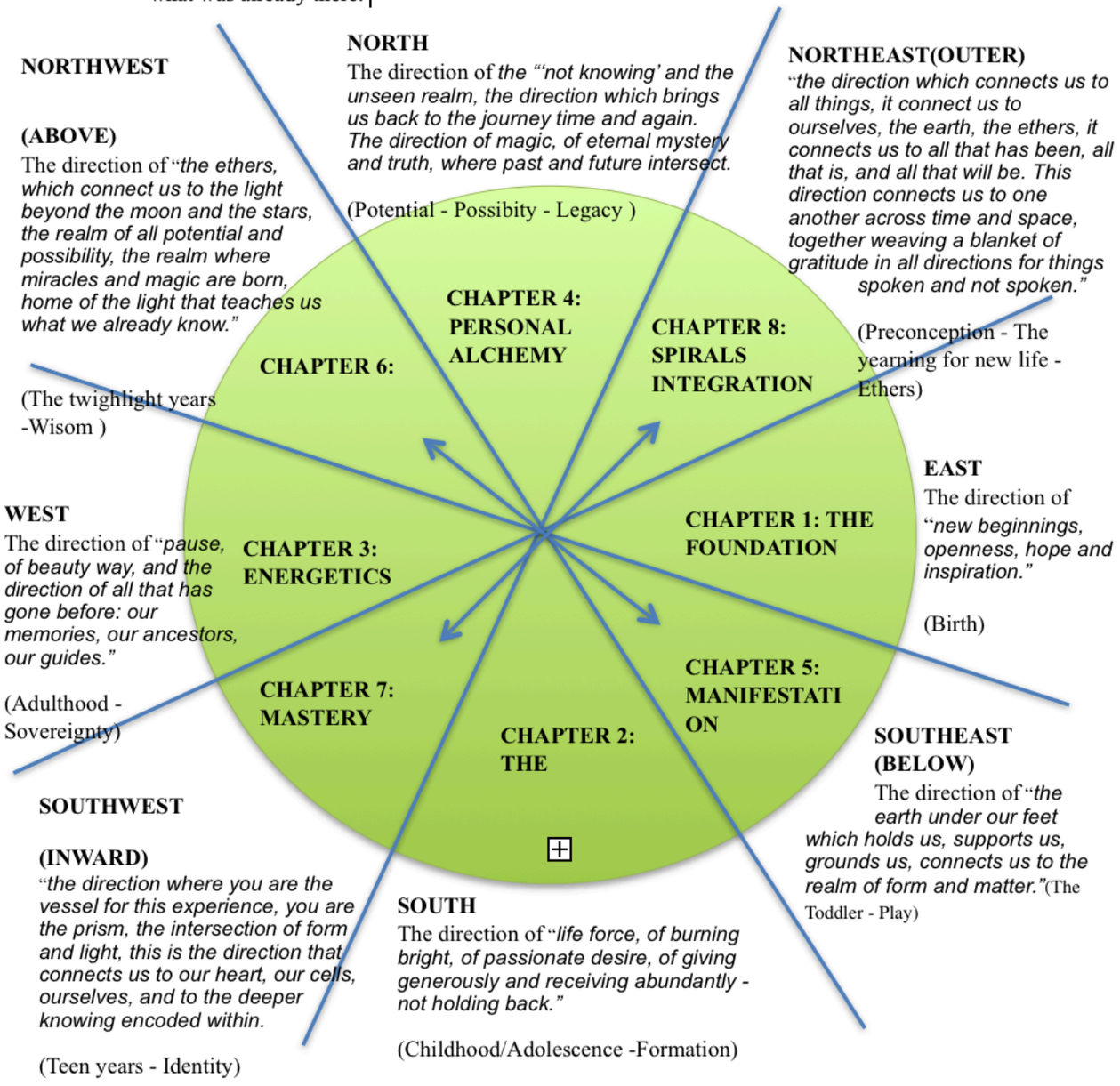
Interview

Events

Speaking / Guest

Wheels to outline thought leadership…

THE MYSTICS PATH LIFE WHEEL
(An attempt at mapping the chapters to the directions as they are described in the Thanksgiving)
NOTE: What are your thoughts on layering the manifesto here? I believe there are 16 phrases (2 per direction! I feel like it really WANTS to work!) if you allow the final phrase to remain a collective. There's a high chance that pulling the phrases out as they sit within the text and mapping them to this wheel might yield something beautiful. All of the information in this graphic was already in alignment within the text. I only resituated what was already there.



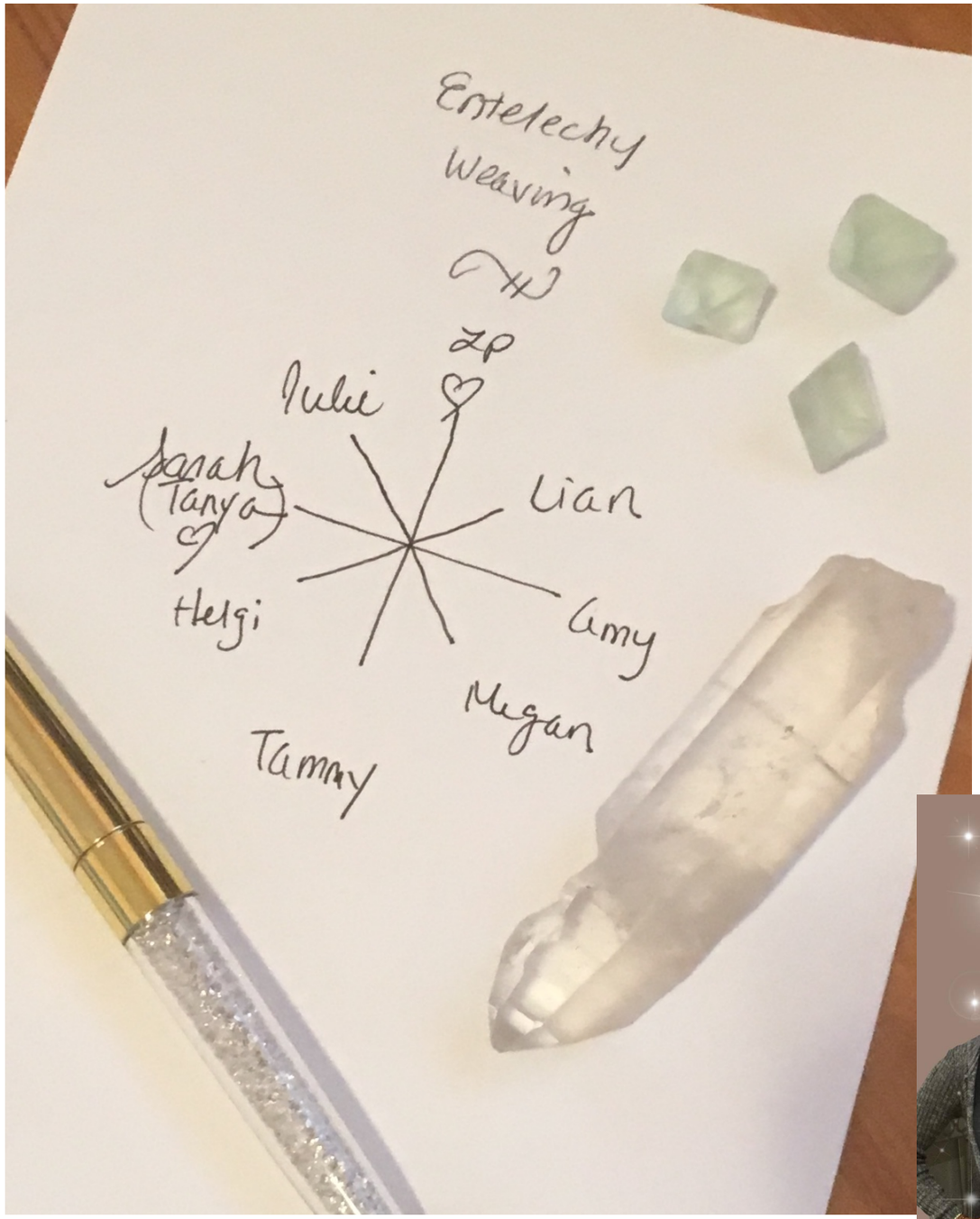
The Mystics Path Book!

Even my own book - chapters map to the wheel and to rings



All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

Wheels to create synergy and magic in a group or gathering…





All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

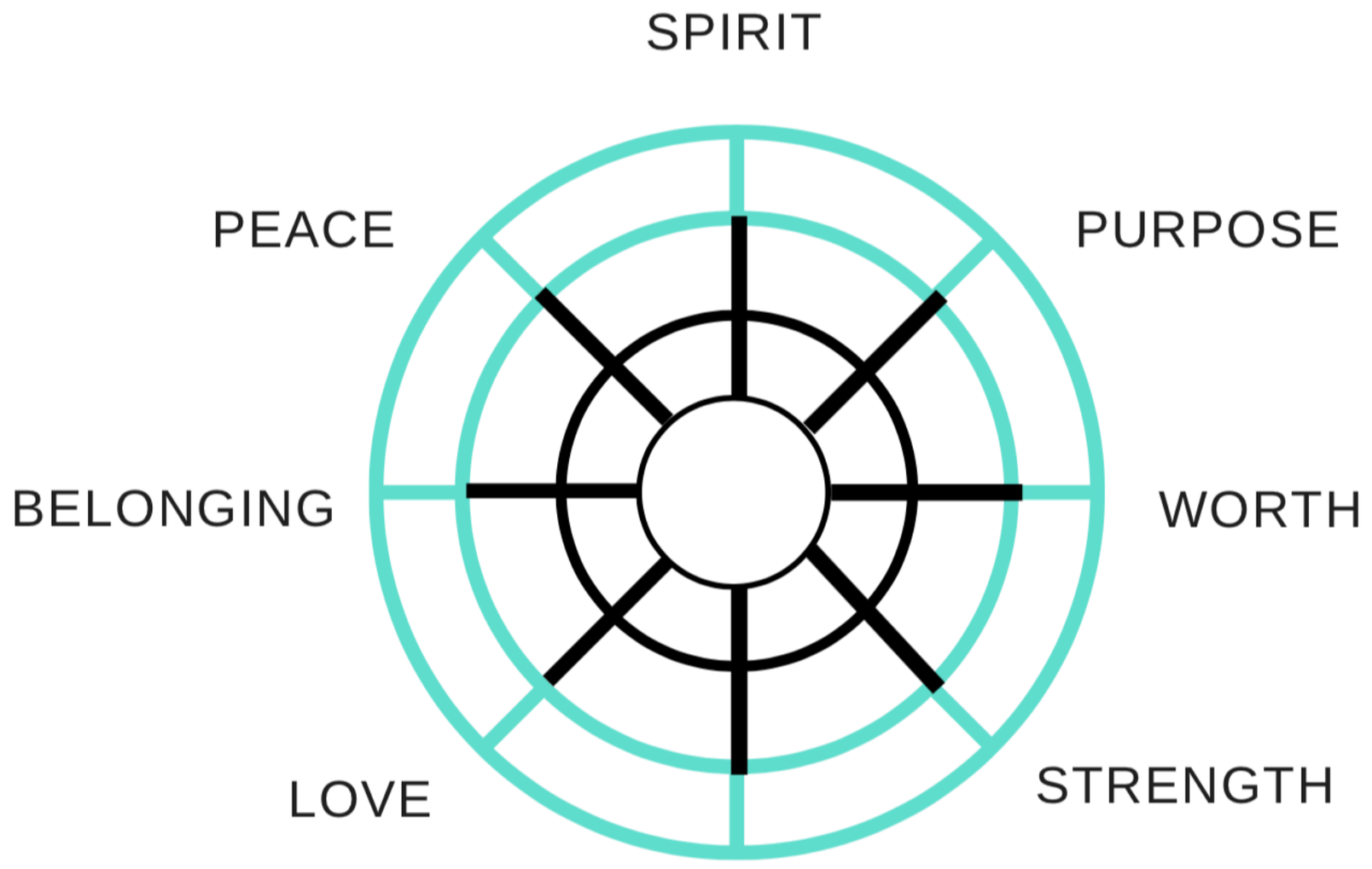


A gallery of Mystic community thought leadership wheels…

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

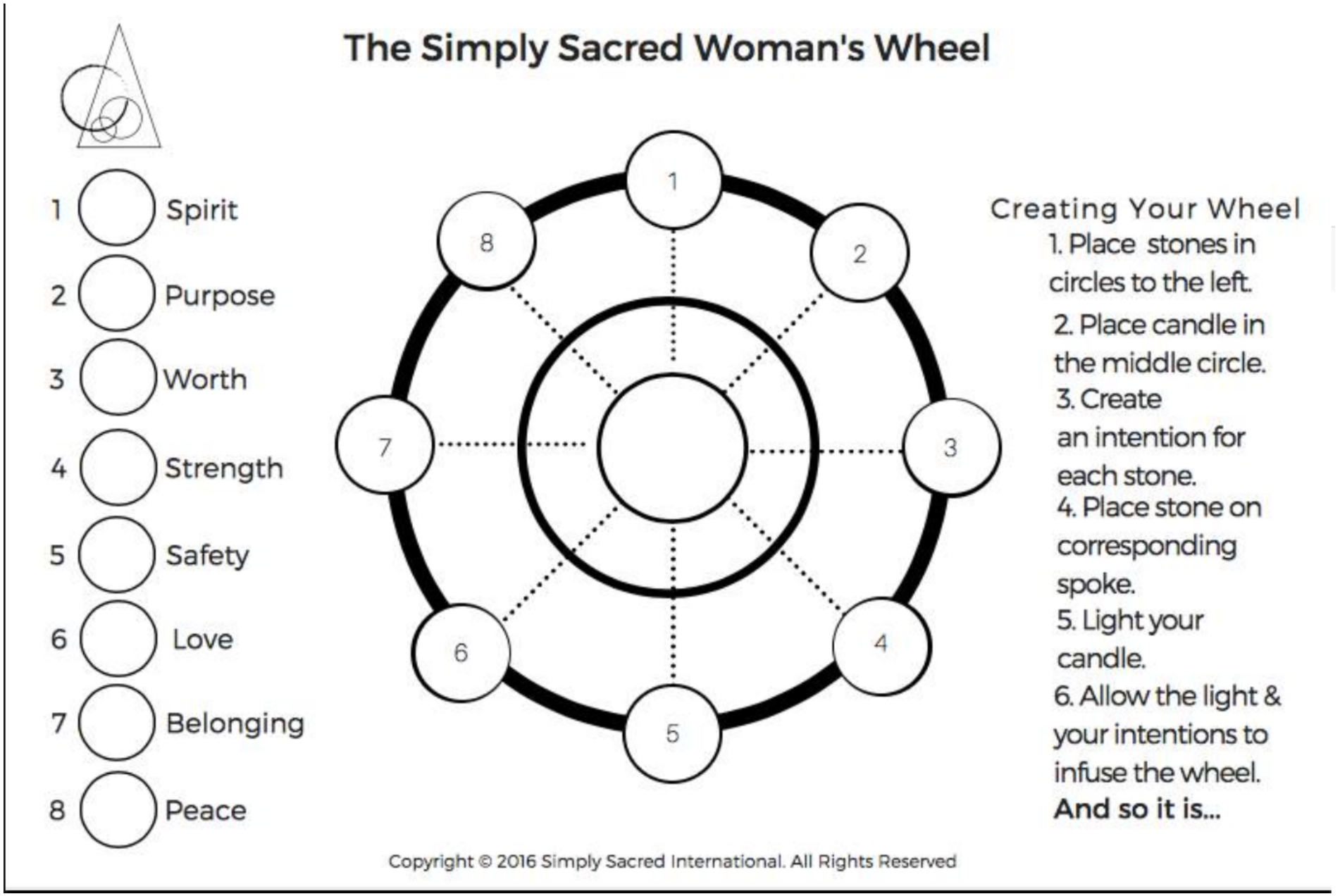
Created in a strategic partnership…

The Simply Sacred Woman's Wheel™



Copyright © 2016 Simply Sacred International. All Rights Reserved

Turned into a client printable and silk…

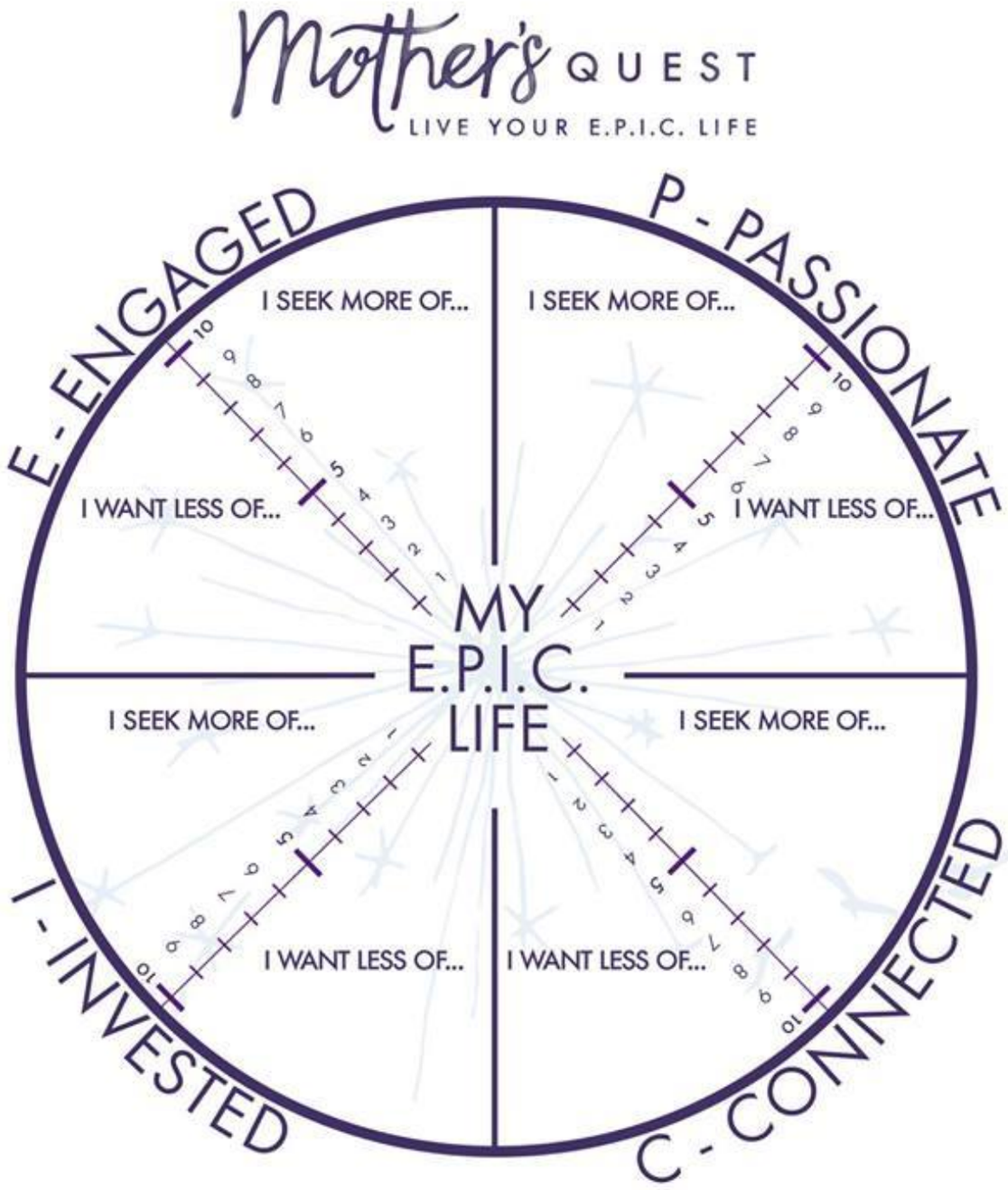


Used in our Sacred CEO retreats and workshops…



All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

Our own Julie Neale:



Copyright © 2018 Mother's Quest, All Rights Reserved

A participant in our annual group coaching program called Journey to Right Livelihood



Dawn Gibson using wheels in her thought leadersip in her business to connect and create healing for mama's and daughters, young women and teens



…your world of wheels is waiting for you

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society



Creating your own wheel and rings…

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

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

The Life Wheel

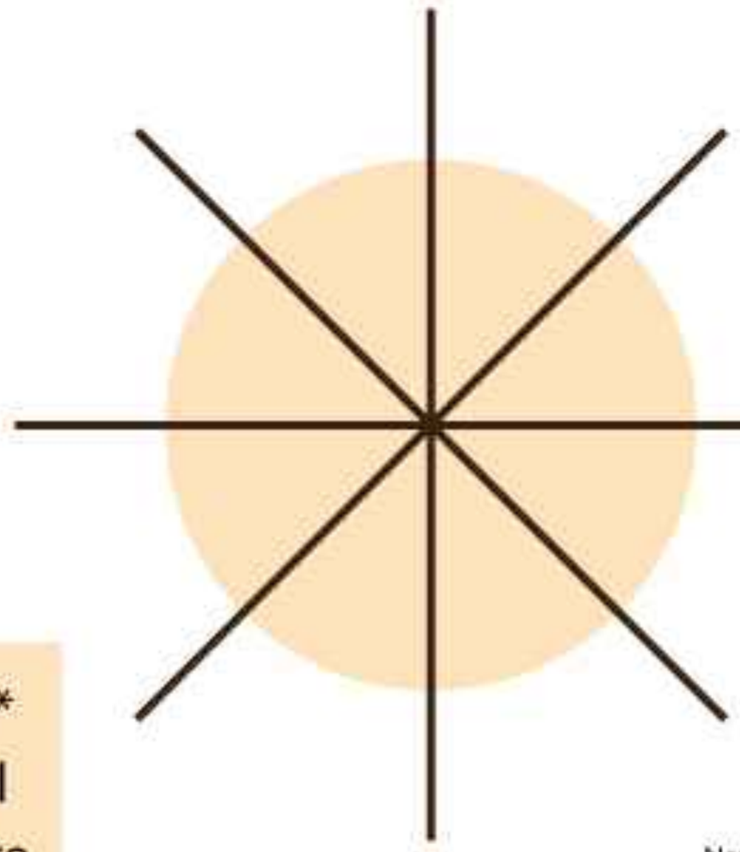
- Playing with a life wheel is a creative activity by design.
- At its simplest, the circular shape is a container.
- It provides safe boundaries within which the work can take place.
- As a developmental, healing, and transfor- mational tool,
- the wheel provides a strong foundation for Mystics on the path.

… 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.

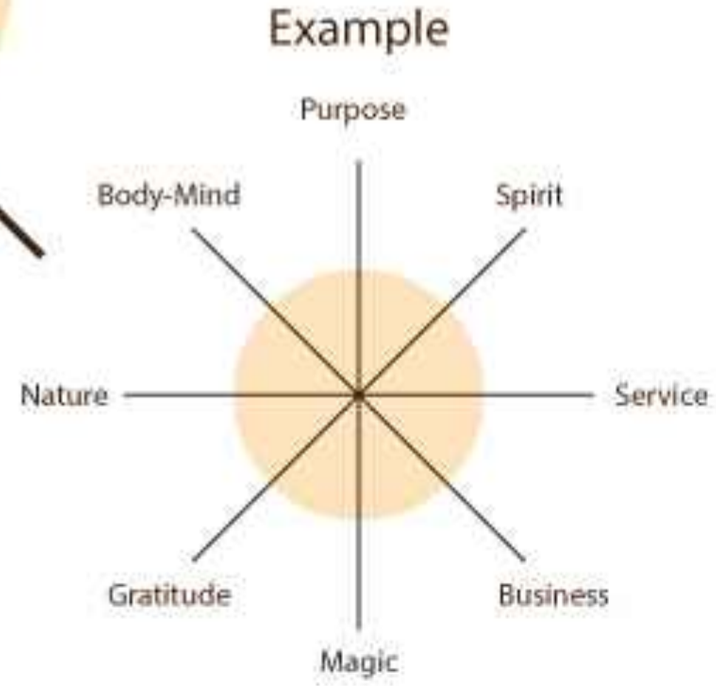
The Life Wheel cont...

- 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.

CREATING YOUR WHEEL



- ∞ Use Shift Wheel App *
- ∞ Create in your journal
- ∞ Crystal grids and more



* https://itunes.apple.com/us/app/shift-life-wheel/id835995011?mt=8

All rights reserved ©2018 LindsayPera.com | The Mystics Society

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

Turning the spokes of your wheel into "Rings"

- Rings help you prioritize your spokes
- Rings show you what truly matters
- Rings are moveable - priorities shift, circumstances change, your rings are dynamic and shift
- Rings signal to the universe where you desire energy to flow and in what order

What are Rings?

- 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.
- Extreme circumstances have a way of bringing us back to our inner rings - showing you what is “clear” and present
- Drawing your rings is often 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

… 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.

How to create your Rings

- Draw a 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 drawn your rings…

- 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 your actual time spent?
- Do your rings reflect your TRUE prioties and desires?
- 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.
- 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.

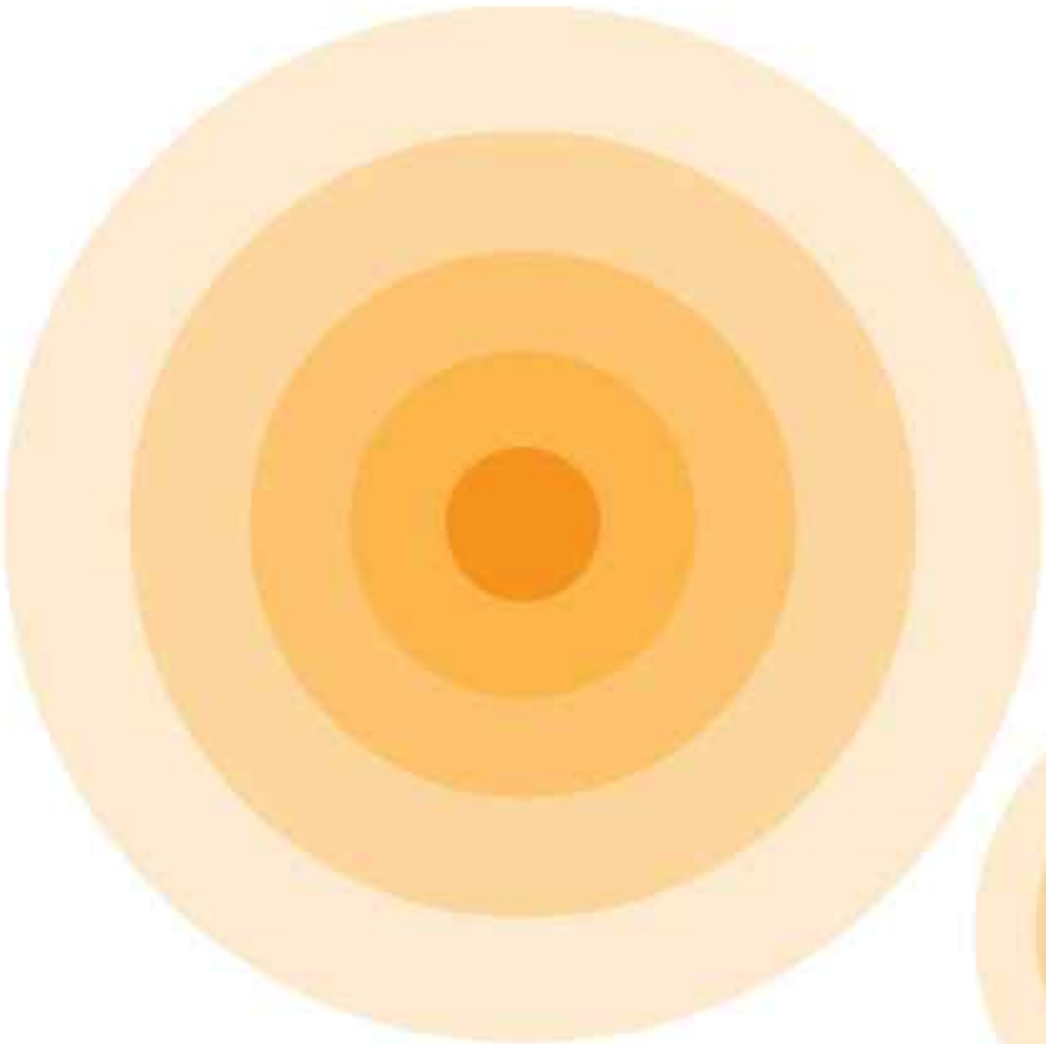
Wheels to outline thought leadership…

LindsayPera
Thrive. Expand. Connect.

CREATING YOUR RINGS

Mystics Society
Purpose. Passion. Prosperity.

Your Rings:
1.
2.
3.
4.
5.



Example



All rights reserved ©2018 LindsayPera.com | The Mystics Society

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

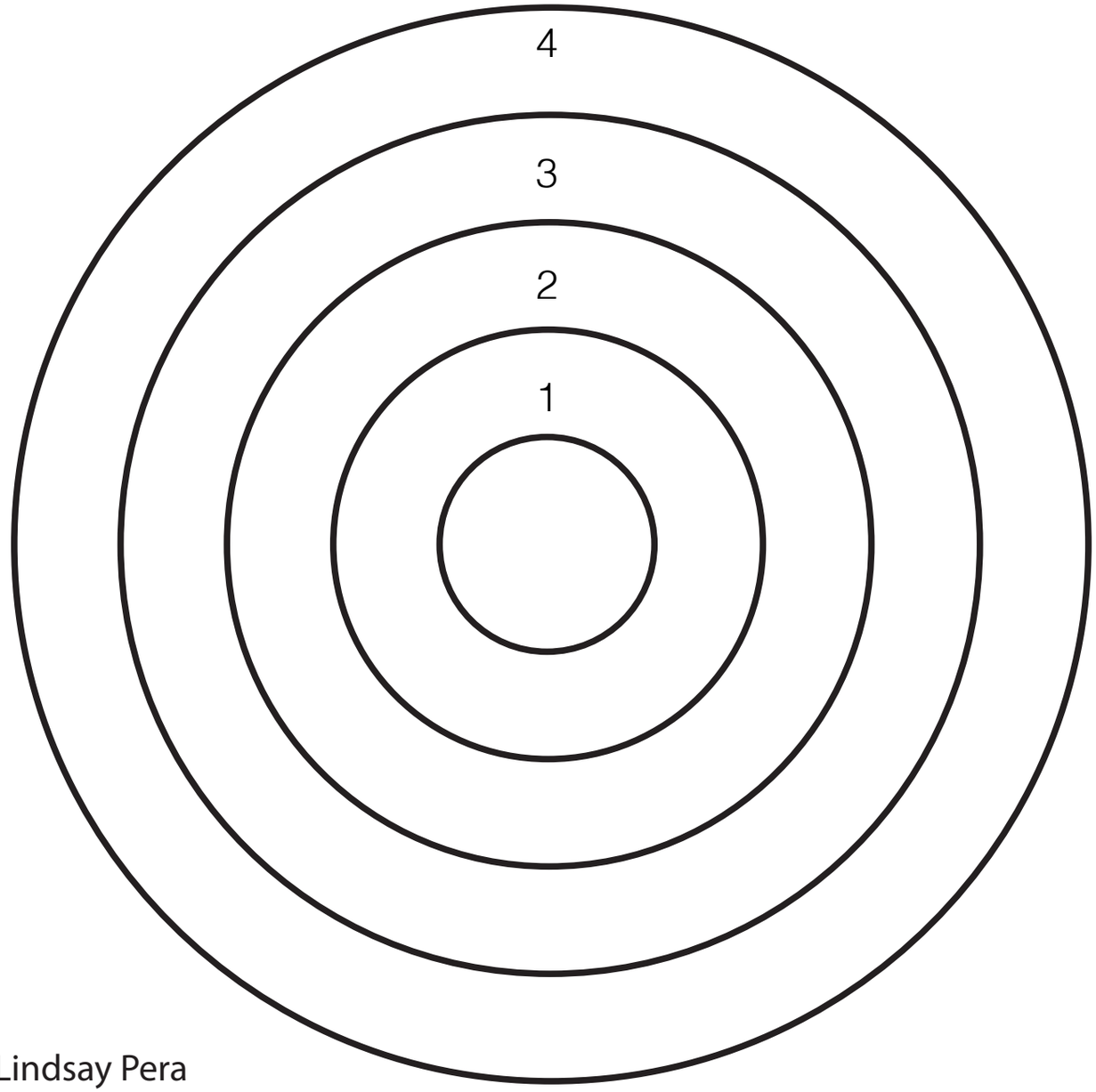
Mystic's Society
Purpose. Passion. Prosperity.

Lindsay Pera
Thrive. Expand Connect.

Sacred Promises

Sacred Promises:

1.
2.
3.
4.
5.

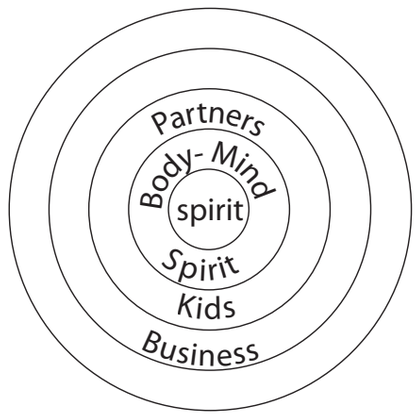


Sacred Promises drive action…

~ ensure your energy goes to what matters

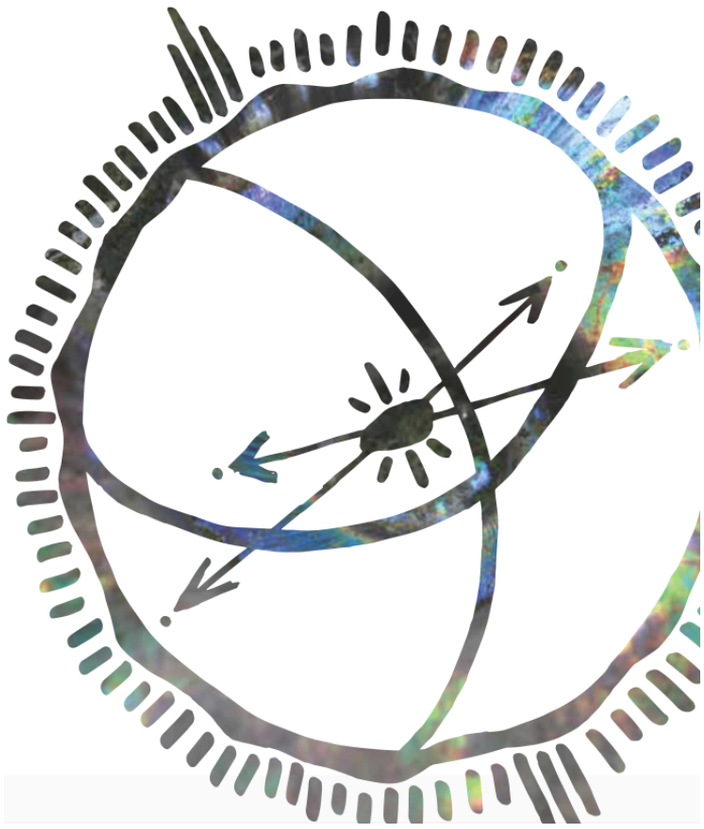
~ which is ***MEANING***

Example



Copyright © 2016 Lindsay Pera

What about the directions on the wheel?



All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

The directions of the compass…

LindsayPera
Thrive. Expand Connect.

The Directions Can Map to your Wheel

MysticsSociety
Purpose. Passion. Prosperity.

The Directions and Your Life Wheel

Your life can be mapped to the wheel, and informed by the wisdom of the directions.

The Cardinal Directions: East—South—West—North

Just as they do on a compass, the cardinal directions orient us to our landscape, ourselves, and the world around us.

The Liminal Directions: Southeast—Northwest—Southwest—Northeast

A typical compass has eight directions of its own, composed of the cardinal and the liminal. These liminal directions are sometimes called the "intuitive" axis because they exist in the realms between the cardinal points.

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

The guiding energies of the 8 Directions

1. East ∞

The east is the direction of the rising sun.

2. South ∞

The south is the direction of the summer sun.

3. West ∞

The west is the direction of our ancestors.

4. North ∞

The north is the direction of the "not knowing" and the unseen realms.

5. Below ∞

As above, so below.

6. Above ∞

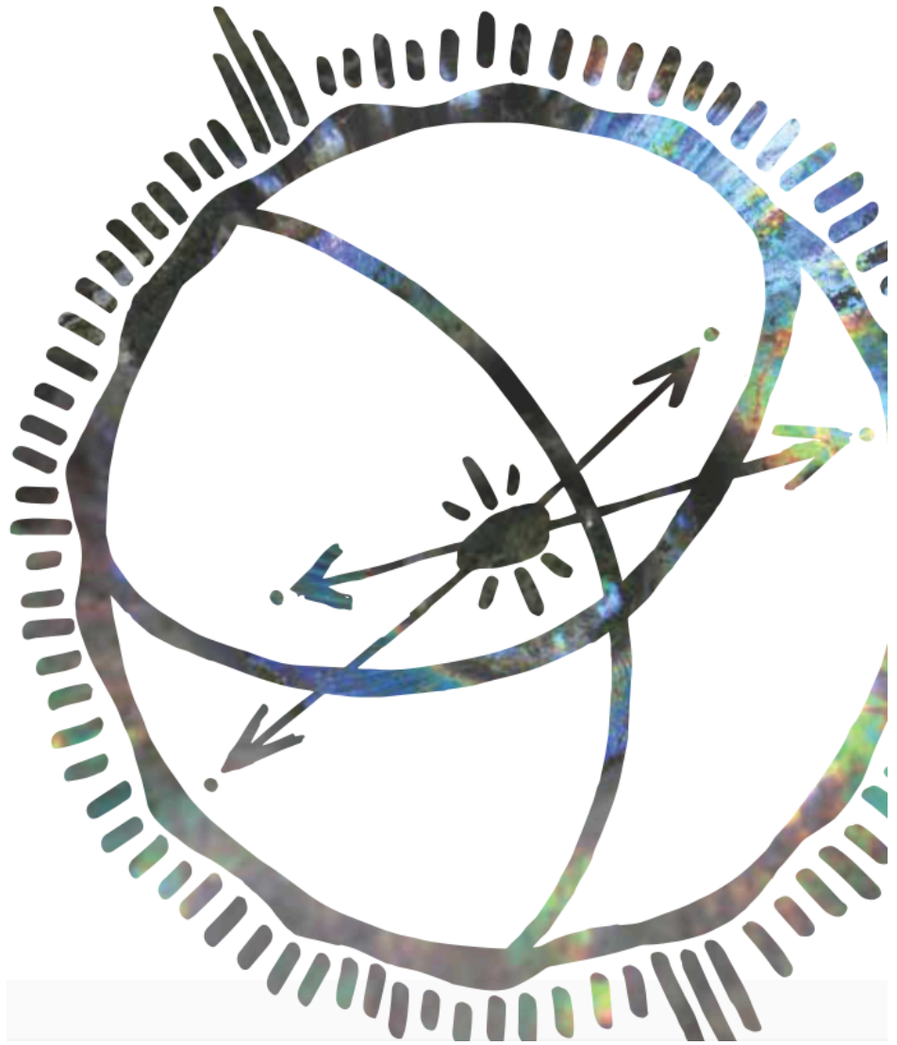
Turn your attention to the ethers and the heavens above.

7. Inner ∞

You are the vessel for this experience.

8. Outer ∞

We are all connected.



All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

Identify Your Own 8 Directions

East →

South ↓

West ←

North ↑

Below

Above

Inner ←

Outer →

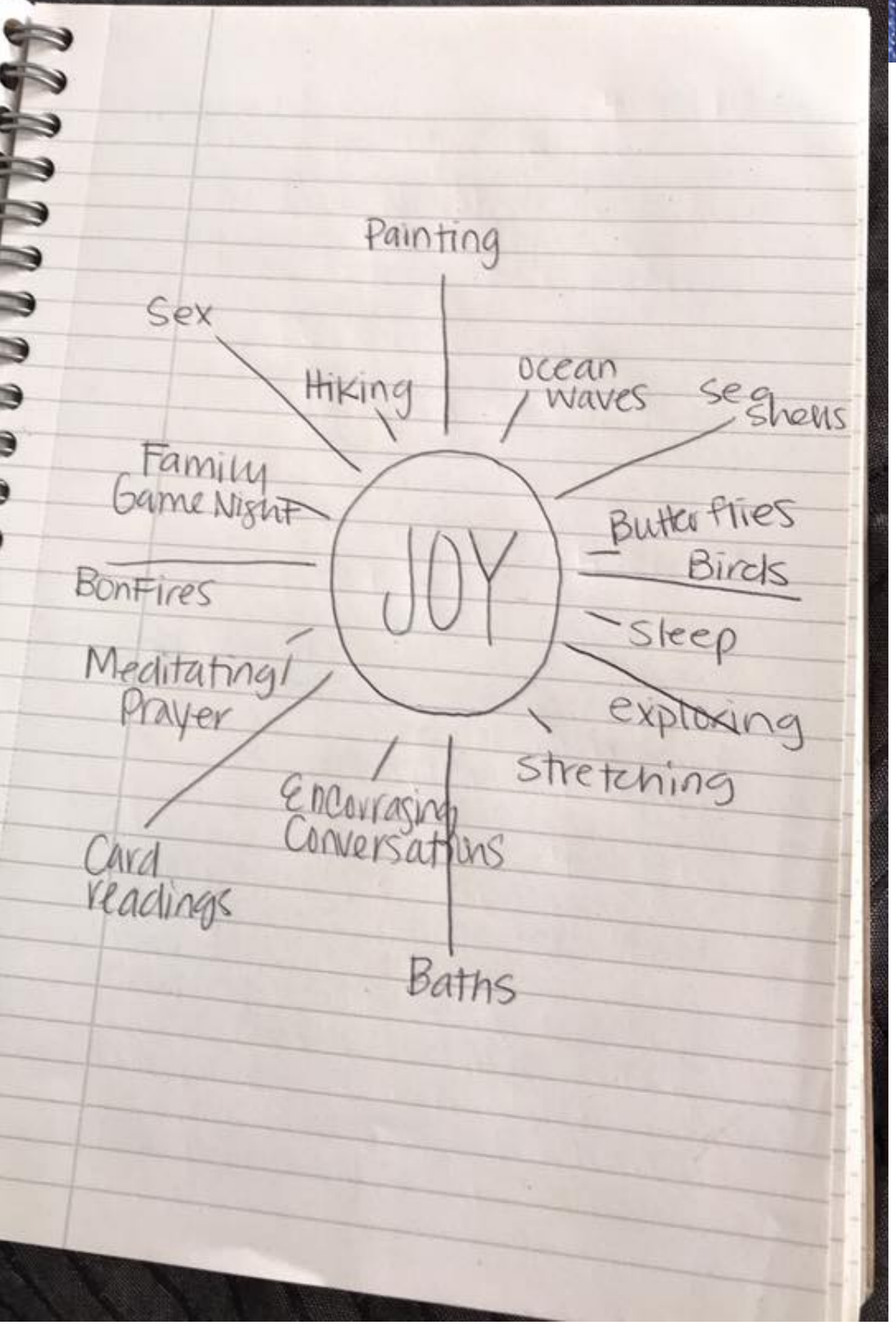
understanding your place in it all…

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society



A gallery of Mystic wheels and rings…

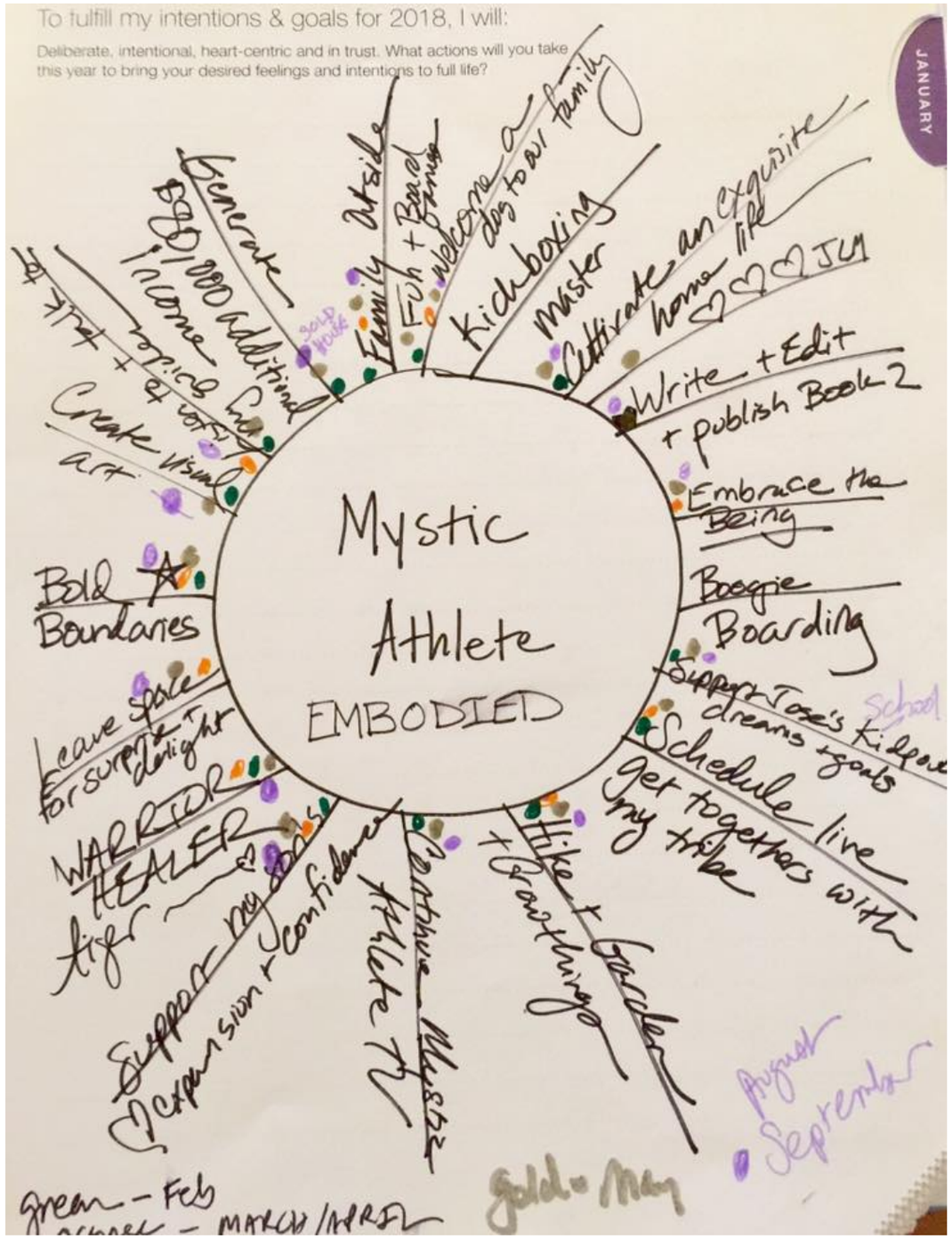
All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society



A wheel with a clear INTENTION at the center…

…you design what matters most to you

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society



A wheel highlighting Full Wheel Living, an ethos, a way of life, and core routines…

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society



A wheel and rings overlayed on one antother creates a web… said to be the web of life

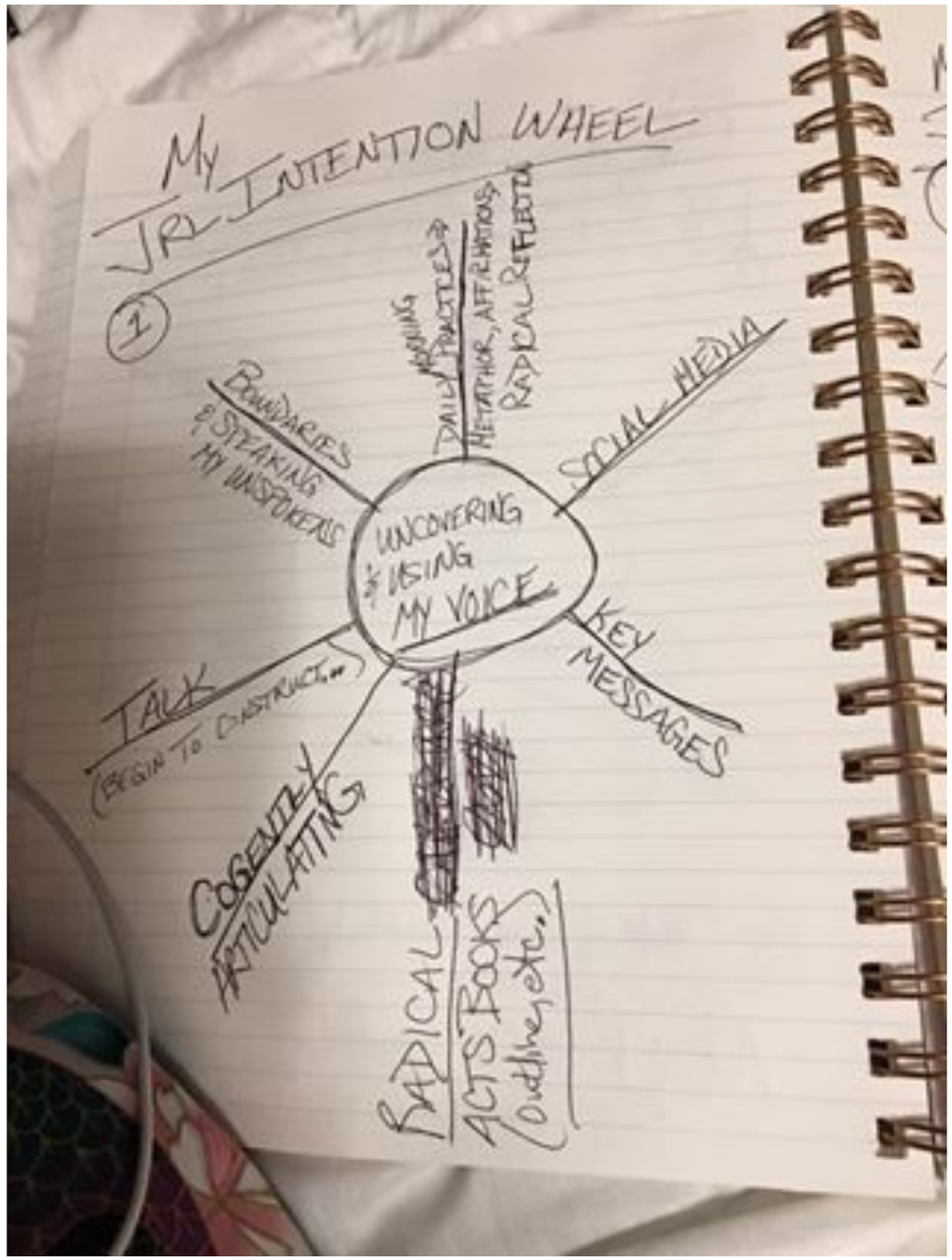
All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

A wheel
Rings
Magic Triangle
(hint: they are all connected)



…you hold the wand.

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society



To journal
To create
To see

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

It’s a creative process…



…but it doesn’t have to be complicated

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society



Pick up a pen and
a piece of paper
draw
one wheel,
your way.
Just sit with it.

Tips for using your wheel…

- There is no “right or wrong” way
- Explore in your journal, your planning processes, your creative time
- Experiment with different applications, intentions, experiences
  - Life wheel
  - Business wheel
  - And more…

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

Wrapping the Bundle

- Your Wheel Shows you who you are
  - Or what you are
  - Or what your intentions are
- Your Rings
  - Show you where your focus goes
  - What your priorities are
  - How priorities change over time
- Your Wheel becomes a container for…
  - Manifestation
  - Healing
  - Shift

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society

In Conclusion & Gratitude

- **Calendar our monthly Salons and Business Alchemy Breakouts**
- **Share and invite**
- **#together:**
- **Sherrie@MysticsSociety.com - Emergency Sessions with Lindsay or MMI Mentor**
- **Join and Engage in the Mystics Society**
- **Daily prayers: bring it, share it, let's do it…**



Thank you for joining us.

All rights reserved © copyright 2015 | LindsayPera.com | Mystic's Society