

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…

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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)

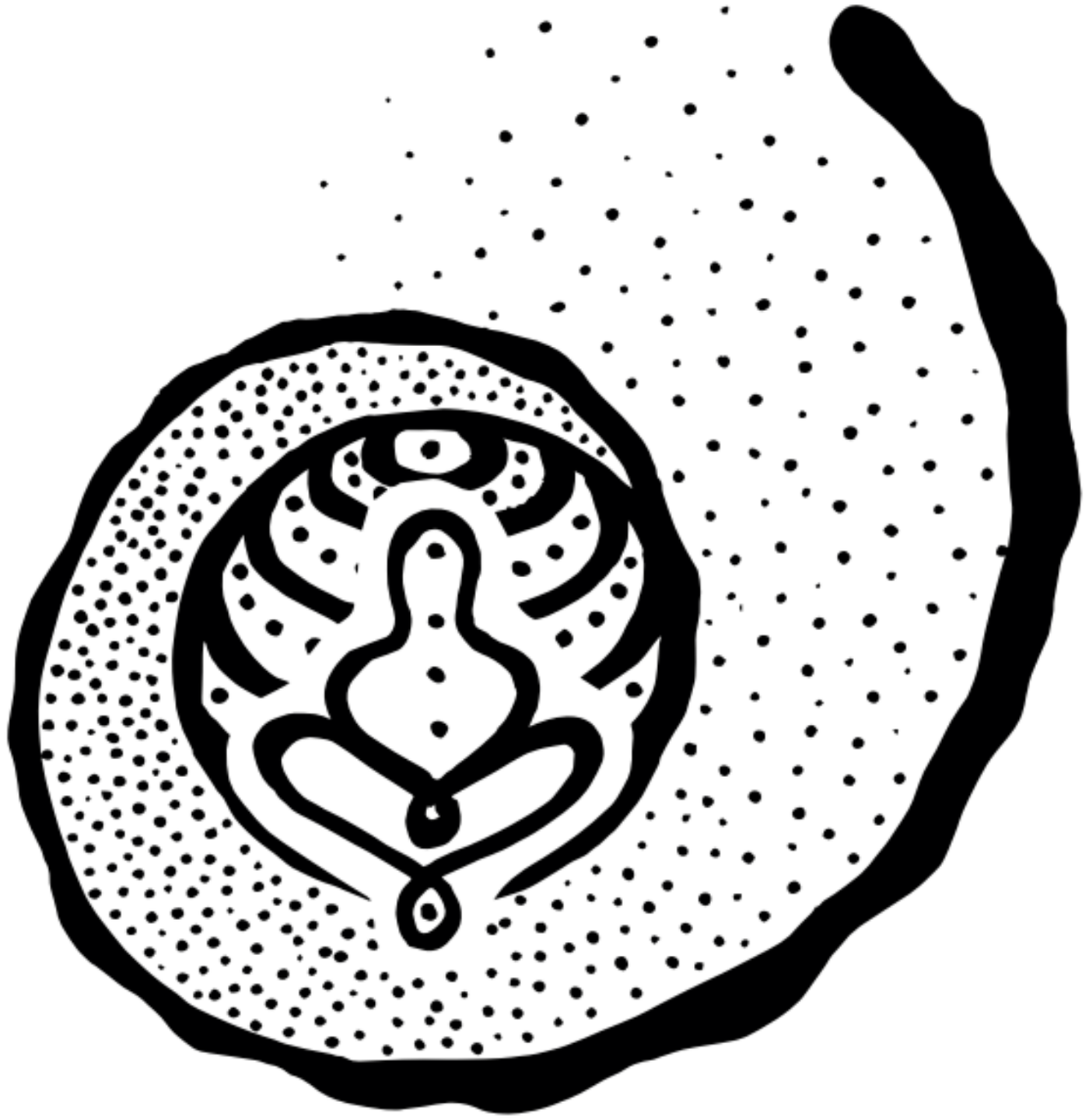
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Mystic Salon Topics

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

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Bringing our Hearts and Minds Together

Before we get into today's topic…

- Corona and the 8 Directions
- Only place we can manifest is right here, right now
  - Presence practices
  - But also PLACE practices
- We are in time of "miracles"
- Use this framework to support you in walking in these times.



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So what ARE the “8 Directions”

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The origins of the 8 Directions

- Gratitude to the traditional Thanksgiving Address
- 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

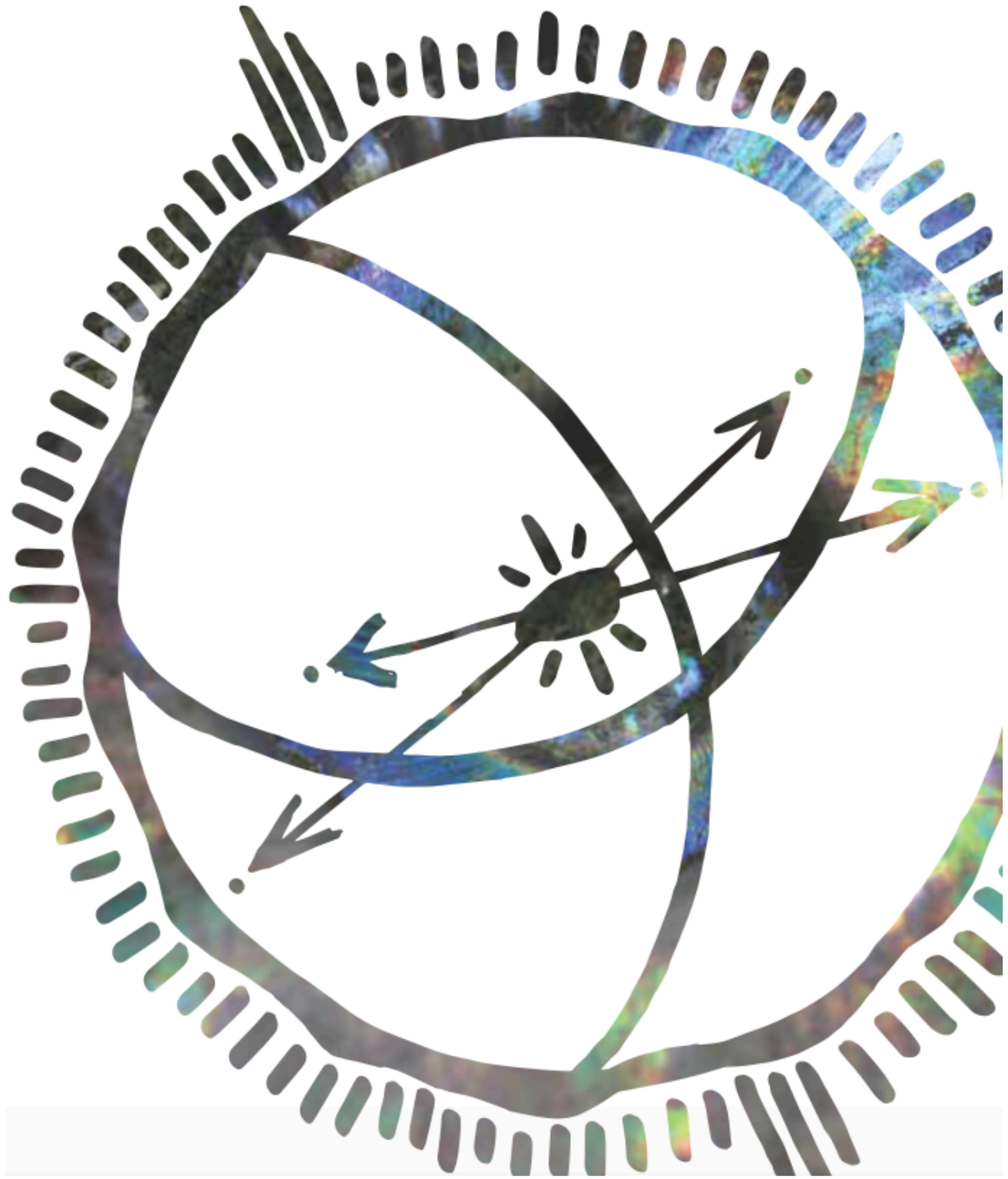
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Applications of the 8 Directions

- But also…
- A way to bring Unity (oneness of heart and mind)
- To activate CONNECTION
- To create pockets of calm, order, quiet, peace
- Also a pathway to manifestation
  - a very important often over looked piece

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What are the 8 Directions



- The FOUR Cardinal Directions
  - Liminal Directions
- The FOUR Relational Directions

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The directions of the compass…

(yes there are eight, but…)

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.

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THE 8 DIRECTIONS

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Purpose. Passion. Prosperity.

Direction Relationships

DIRECTION	SUN'S JOURNEY	MOON'S JOURNEY	SEASON	HUMAN JOURNEY	ATTRIBUTES
East	Sunrise	Waxing	Spring	Newborn	Hope Inspiration
South East	Morning Sun			Toddler	Play
South	Noon Sun	Full	Summer	Child	Momentum Action Growth
South West	Afternoon Sun			Teen	Rest Reflection Sovereignty
West	Sunset	Waning	Autumn	Adult	Gratitude Beauty Way
North West	Bedtime			Elder	Rest Restore
North	Midnight	New	Winter	Wisdom Keeper	Mystery Inquiry
North East	Deepnight Pre-Dawn			Whispers	Dreaming Magic Wonder

- **Map the directions to relative points**
- **The seasons**
- **A lifetime**
- **The Moon**
- **The Sun**
- **YOU!**
- **The Attribute Wheel…**

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But it’s not just the directions of the compass…

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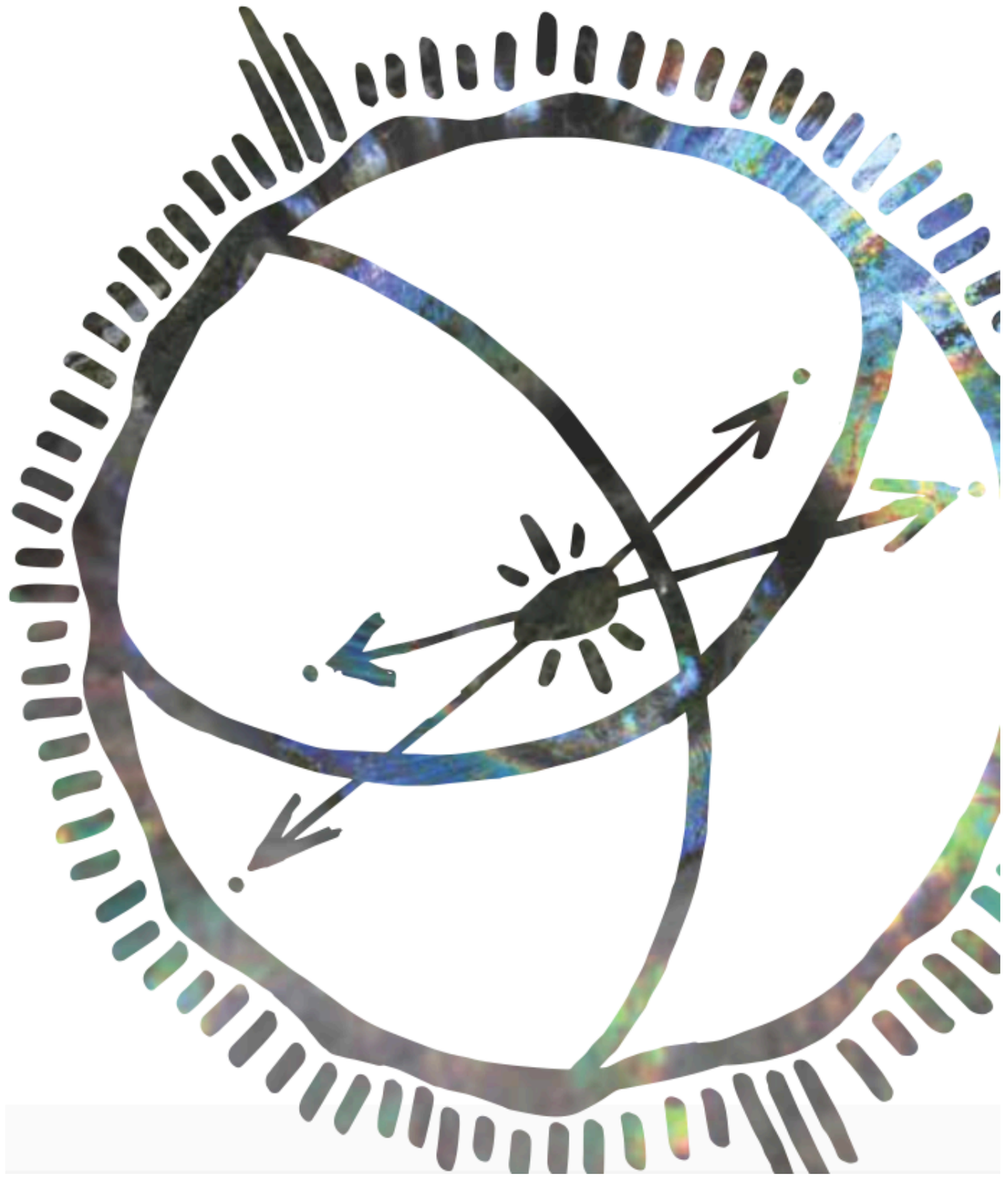
Relational Directions are as important to the container as the directional…

The Relational Directions:
Below—Above—Inner—Outer

The relational directions orient an individual to their surroundings. Standing at the center of our wheel or
rings or compass, a body can turn to the four cardinal directions. All that is required to be in connection with the relational directions is to stand in the center, to bring our awareness to that which is below us, above us, within us, and outside of us.

The Mystics Path is deeply informed by the eight directions, a combination of cardinal and relational directions. Though the directions are consistent with a compass, they should not be confused.

You can map these directions to the compass or on a life wheel. You can also look at them in a table (such as the one on the next page) to see the directions (and what they represent) in relationship to one another.



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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 ∞

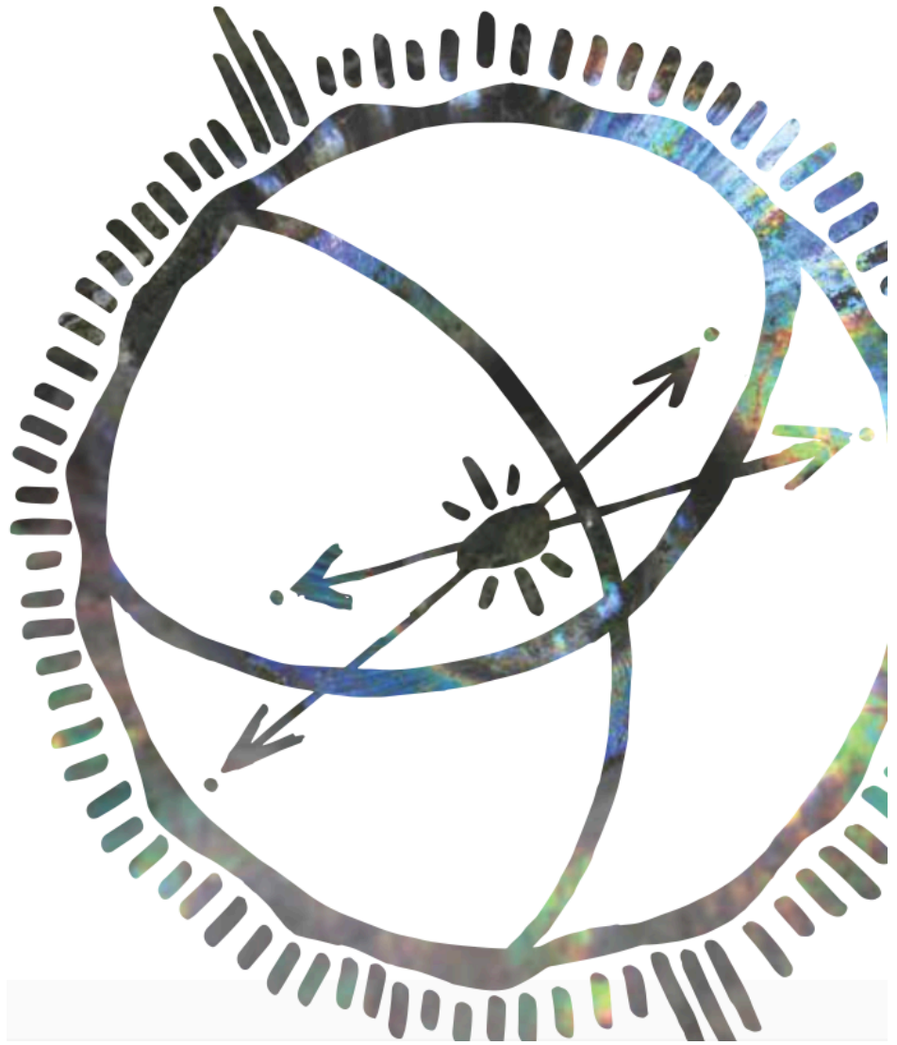
Turn your attention to the ethers and the heavens above.

7. Inner ∞

You are the vessel for this experience.

8. Outer ∞

We are all connected.



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Identify Your Own 8 Directions

East →

South ↓

West ←

North ↑

Below

Above

Inner ←

Outer →

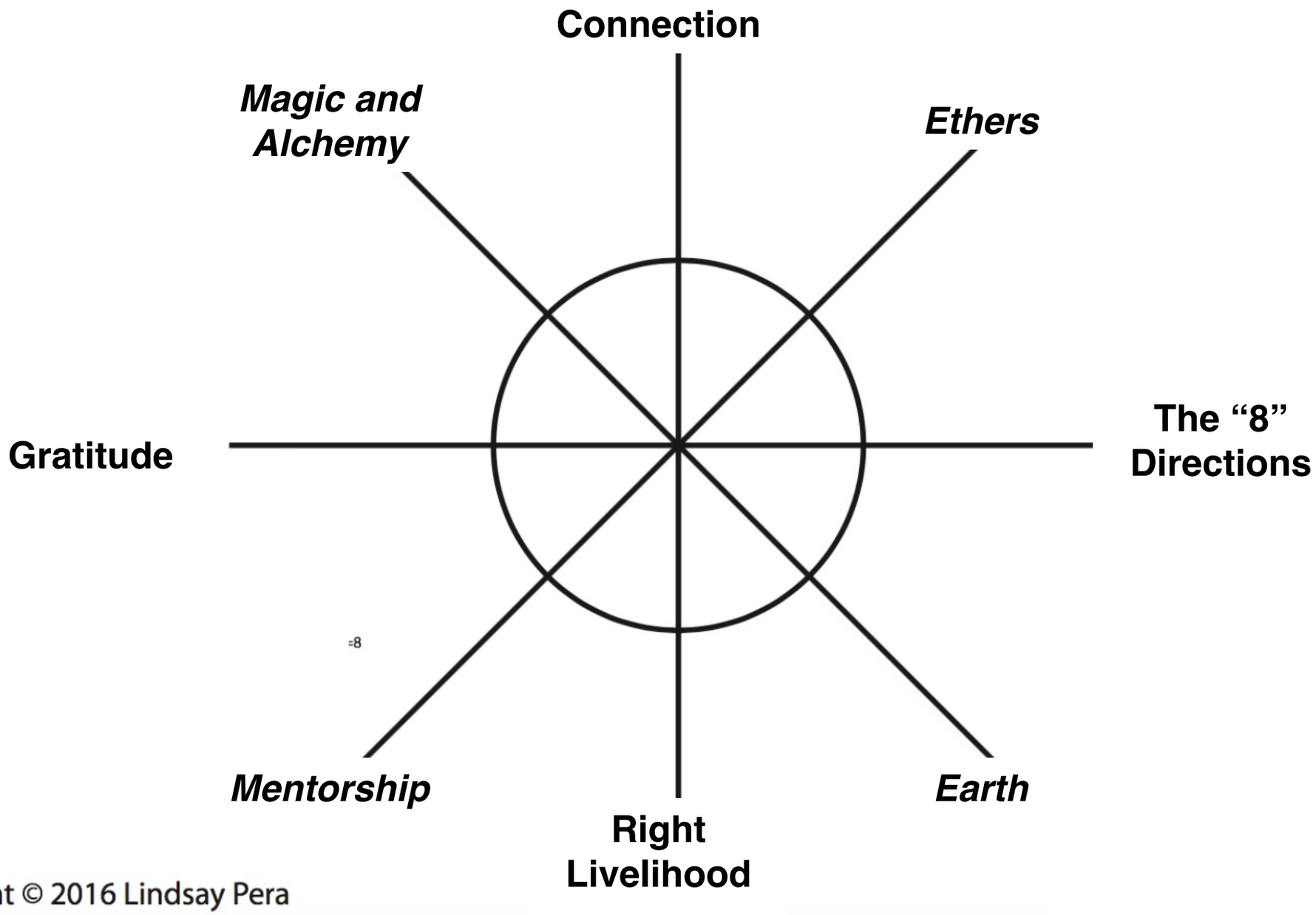
understanding your place in it all…

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The Mystic Universe Wheel

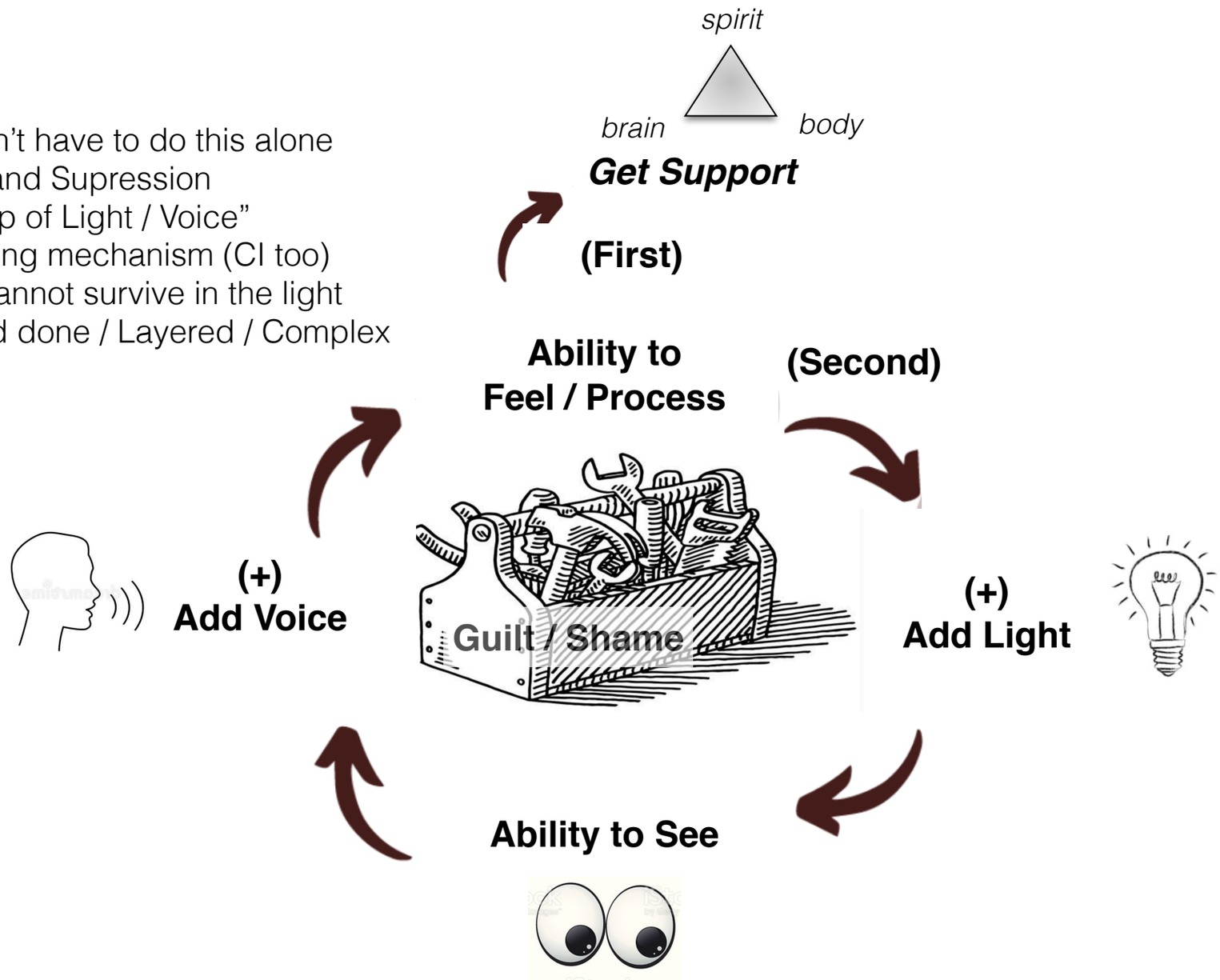


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The "Opressors Toolbox" Framework

Transmuting the Hydra (Guilt / Shame)

- **Support Matters:** don't have to do this alone
- **PTSD:** Dissociation and Supression
- **Alchemy**: "Add a drop of Light / Voice"
- **Medicine:** Deep healing mechanism (CI too)
- **Uproot the Hydra:** Cannot survive in the light
- **Iterative:** Not one and done / Layered / Complex



- **Keys:**
- Safety
- Support
- Perspective (time, lens, etc)
- Pacing
- Empowerment
- Self-care

Find an ally on your journey…when in doubt, get support.

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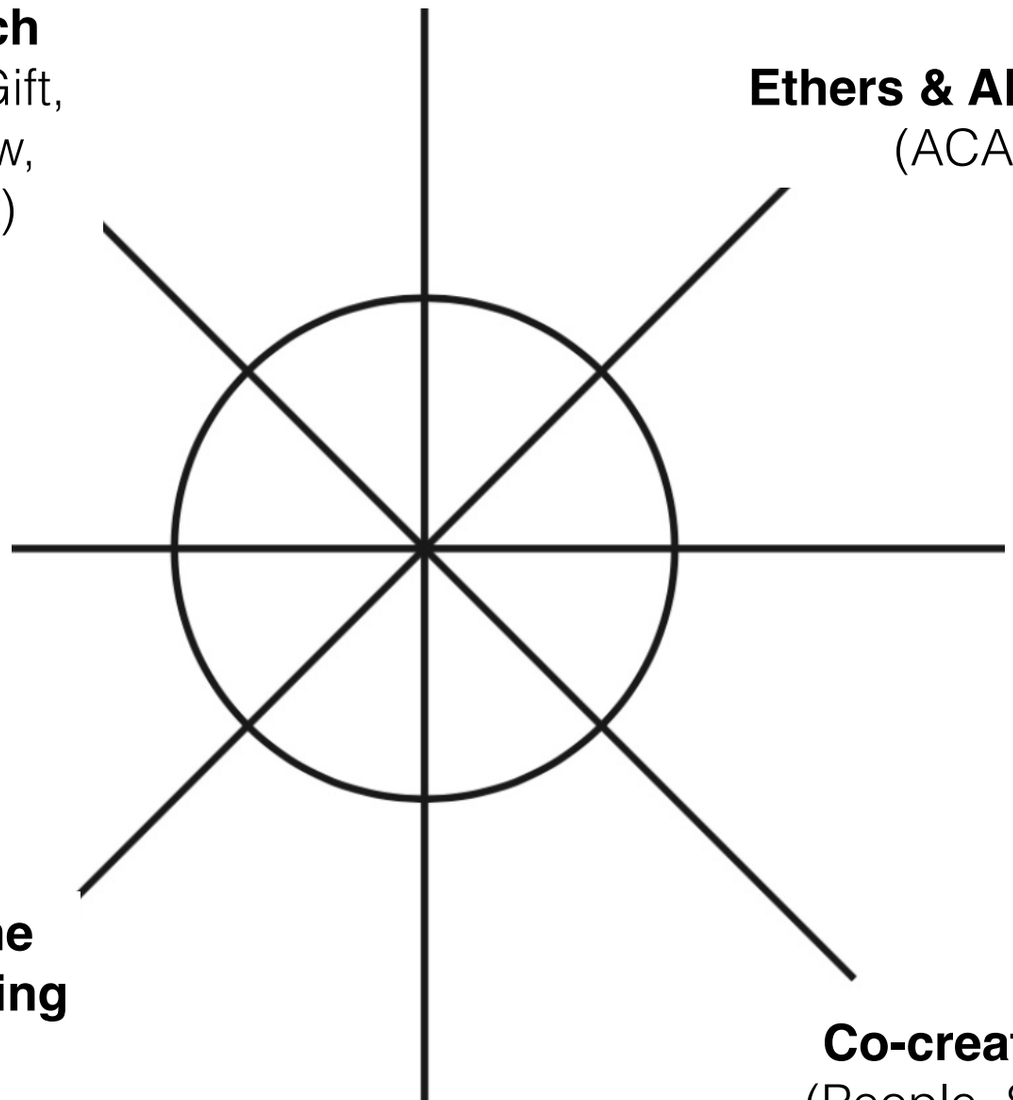
Business Alchemy Wheel

Connection
Quiet
Pleasure
Play
Love
Ease
Abundance
Grace

Outreach
(Guest, Gift, Interview, Submit)

Magic & Weaving

Ethers & Alchemy
(ACA)



Assets: Containers and Key Messages
Communications too)

Creation
(R&D)

Examples:

Offerings, Divine Feminine Marketing
(Resonance)

Co-creation
(People, Spirit and Money)

Chop Wood Carry Water
(Ops, Fin, Process, Team, etc)

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Tips for using the directions…

- Come into relationship
  - On Right relationship
  - Thinking, but also being
  - Somatic

- There is no “right or wrong” way

- Explore in meditation, sit spot, or in your journal…

- Experiment with different applications, intentions, experiences

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In Conclusion & Gratitude

- **The 8 Directions CONNECT you**
- **You have a robust toolbox - use it**
- **You were made for these times**
- **Calendar our monthly Salons and Business Alchemy Breakouts**
- **Share and invite - “not on our watch”**
- **#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…**



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