

# ANCIENT WISDOMS, ANCIENT CONNECTIONS

## Medicine Warrior Workbook



Way of the Seven Sisters  
by  
Crooked Arrow



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# **Ancient Wisdoms, Ancient Connections**

## **Medicine Warrior Workbook The Way of the Seven Sisters**

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# *Introduction*

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**When Mother Earth was young and all her children walked together as one, the Great Spirit sent the Guardians of the Seven Directions to help guide them. The Guardians were seven beautiful spirit women warriors sent to different areas of the world. They were sent to help the creatures of that area learn the sacred ways of balance and uniformity.**

**The word warrior in the beginning of time meant guardianship and keeper of wisdom. It didn't mean warriors of a battle, armies, wars or the killer of men, women and children. Its meaning changed because of the influence of the ego within human nature that became greedy and abusive. Good and evil, negative and positive resided in all humans, but the pull of the ego was more to the negative side. Due to human greed and abuse of sacred energies and ceremonies, these Seven Sisters left the planet in disgust and went back to the stars. You can see them in the sky on a clear night. They are the constellations called the "Seven Sisters" or the Pleiades.**

**Several years ago these Ancient Ones visited a traditional medicine woman living in Arizona. They came to her for several days, showing her the sacred ways and ceremony of the Medicine Warrior Path. A Grandmother brown bear with a huge emerald in her forehead was the first to appear to this Medicine Woman. This spirit told her that the ancient guardians of the old ways would visit her with the information about the ancient Medicine Warrior Way. She said that this information was lost to the human race long ago through the greed of humanity. This beautiful bear spirit was one of the Seven Sisters. She was the sister known as Compassion. She appeared in animal totem form so that the Medicine Woman would understand the great importance of this information and its connection to the earth energies and all its creatures.**

**The Seven Sisters had been observing the Medicine Woman's development throughout the years. They noticed the sacred connection she had even as a very small child. The Medicine Woman's strong desire and commitment to help heal the planet and her fellow creatures were what attracted the Seven Sisters to her. The Seven Sisters instructed her on how this ancient right can again be part of human development and experience. These Ancient Ones have again returned to Mother Earth to help bring balance during these troubling times of chaos and confusion.**

The Seven Sisters are:  
*Compassion*, the guardian of the south  
*Peace*, the guardian of the west  
*Joy*, the guardian of the north  
*Unity*, the guardian of east  
*Patience*, the guardian from below  
*Honor*, the guardian from above  
*Harmony*, the guardian from within.

This sacred Medicine Warrior Path is not an easy road to walk. One begins this sacred commitment by being completely honest with oneself. The warrior does this through self examination. The true Medicine Warrior Way is a journey filled with a continual awakening of spirit to its highest achievements. It is the path of balance and uniformity. It is a road where one learns that spirit is one's true purpose. That the mind is the builder of one's life, while the body is the facilitator of what the mind and the spirit have manifested in the physical. We are truly body, mind and spirit. The Medicine Warrior Way is one of continual protection of children, our elders, animals, plants, the earth and the sacred old ways.

This workbook will assist you in understanding the Medicine Warrior Path. This information is not meant to improve you, that part is solely up to you. The *true teacher* is found within *each person* not in someone who wants to lead you. This information is a kind of key that helps unlock the doors of wisdom within you. A sort of a shaking up of what you truly are as a spiritual being. This information is meant to assist you in finding the Medicine Warrior within for self improvement.

# *Compassion*

## *Spirit Guardian of the South*

---

In the developmental stage of our planet, Compassion, the eldest of the Seven Sisters, shared her wisdom with all the creatures great and small of the southern part of this planet. All around the world we look at the rituals and ceremonies being performed throughout the ages and we continually see the use of the east and west as the focal starting point. When Compassion walked this planet and everything flowed in the natural way, she taught the ceremonies and rituals with the starting point in the south.

All the ancient ones respected the powerful influence the energies of the south had on all the creatures of this planet. It was energy that flowed with the life cycle of every living thing. Compassion shared with the Medicine Woman the importance of performing rituals and ceremonies from the south. This is the energy point where all life springs forth, even from our own bodies, and because of this it is an energy of continual motion.

Compassion informed the Medicine Woman that the sacred directions of the old ways were changed by humans. That the egos influence on humans lead them to see that power on the material level could be changed and controlled. The more control they got, the more they manipulated the old ways for selfish gain. They also saw how a tremendous amount of energy came from the sun and how it awakened everything upon the earth as it rose high in the sky each day. This is when the rituals and ceremonies were adapted to try and gain the power from the sun. With the ego's influence they felt they could gain more power each day if they showed honor to the sun by beginning and performing their ceremonies and rituals with the energies from the sun. Hence, as time has continued up to the present day, humans have performed their ceremonies and rituals facing or starting with the east or west.

Humans realized also that the moon had an energy influence on everything upon this planet so they adapted other rites to coincide with the cycles of the moon. Compassion understood the energies from the sun and moon but they were of a lower vibration, that of materialism. She introduced the ways of high vibrations, that of continual life and spiritual growth through the energies of the south that connect with the earth energies.

Small children connect with this energy from the day they are born until they are programmed to fit into societies little niches. Out of ignorance of not knowing or understanding this sacredness that children possess, the human race as a whole has done a great injustice to these little ones.

Now in working with the Spirit Guardian of the South we will pay close attention to the instructions of Compassion. Everything in nature is a reflection of things in the human body. From the tiniest creature found in water, the ameba (which is a reflection of our cells and their ability to replicate) to the largest volcano erupting (which reflects the heat expelling from our own bodies from time to time). It makes sense that since we are born from the south end of the human body that this journey of the ancient ways will bring birth of enlightenment from the south, to all those who desire to be a Medicine Warrior.

The Spirit Guardian Compassion in the beginning of time, introduced to humankind the ability to *forgive with love*. Humans were careless, ignorant beings (kind of like they are now) who occasionally offended one another. Compassion witnessed their distress and need to be forgiven. It was clear that being able to show kindness and forgive allowed humans to move forward without stumbling blocks of revenge holding them back on their journey through life. Being able to forgive, enabled the individual to see good in the offender, thus showing compassion by forgiving them. Even today, humans have many shortcomings that will require one's forgiveness.

The Spirit Guardian Compassion explained to the Medicine Woman that the Medicine Warrior Way starts with *learning how to forgive, not only others but self*. The Medicine Warrior Way is actually a self examination. Learning to walk each day upon the earth in the way of harmony with all of creation. This self examination will help you to accept love unconditionally, to accept the fact that you and your environment are one, to help you be in more control of your emotions, but most of all it will help you to learn to forgive and let go.

Forgiveness has to come from deep within for it to really mean anything. The willingness of an individual to forgive someone must be done with love, which gives power to the meaning of forgiveness. Being able to forgive from the heart helps bring peace to one's mind. Forgiveness is truly about loving oneself enough to be honest. It frees us to allow change in our lives. Many say it is the severity of the offense that causes them not to be able to forgive. This attitude and holding on to any resentment leads only to self-pity. This causes disharmony not only in the mind, but also affects the body in time. You must learn to move past the hurt so you can maintain stability in your earth journey.



**Forgiveness means being able to relinquish any sense of blame. When you forgive someone with sincerity, you release them of any feelings you may have that they owe you. Remember none of us has the right to be another's judge.**

**The word forgiveness means the act of forgiving, the willingness to forgive. Yet if we take the word apart we can get a better understanding of what forgiveness means. Most people understand the greatness of giving, but few really understand the meaning and the power behind the forgiving.**

**Take a few minutes here to take the word apart.**

**What does the FOR in the word forgiveness mean to you?**

**Next, how does the word GIVE relate to your understanding of forgiveness?**

**Finally, what does the suffix NESS in the word forgiveness mean to you?**

**This is real food for thought but do not beat yourself up over trying to take the word apart. The word itself indicates the extent of bestowing the state of your emotions to another or to one's self. "To err is human, to forgive is divine". Great old phrase to think about. Do not waste time finding a scapegoat for that which you may lack within yourself. You are on this journey of discovery to change bad programming. So, remember there is a price you pay for holding onto resentments in your life. It will always be *you* who truly suffers in the long run, for it takes a lot out of you to continue to hold on to a grudge. Learn to grow from each and every experience. Being able to whole heartedly forgive yourself shows that you have taken responsibility for your own life. Remember, in order to be forgiven we must commit ourselves to forgiving others.**

**It is so easy to say, "I forgive you", to someone but what is the quality or state of that forgiveness if one repeatedly brings up the offense. Watch little children and listen to what happens when things go wrong while they are playing. They will look for, and even say I forgive you, but it has no true quality to it most of the time. This is because they are only mimicking a response that was enforced upon them at one time or another. So, really, what are we teaching the little ones of this planet?**

**No wonder so many adults say they are sorry for doing something yet go right back and repeat the offense. This is *not* the ways of the Ancients. The true way of forgiveness is the symbol that will indicate the extent at which we are willing to allow ourselves to bestow mercy upon, not only others, but also ourselves in an unconditional way.**

**Today parents need to teach their child how to forgive with love so the child will not seek revenge at a later time or grow up holding on to that pain. Remember, holding on to any grievances is your decision to continue to suffer.**

**The Medicine Warrior Way of forgiveness starts with self. In this way the Medicine Warrior is able to accept both the good and the bad, the negative and the positive, that they see about themselves because *no one is perfect*. When you have learned to truly forgive yourself, forgiving others comes easy. The mind is a powerful instrument and the more you fill it up with negative emotions, the more you are tearing yourself apart and lessening the chance you have of moving forward on the road to enlightenment.**

**Everyone is in control of what they will allow into their own mind. Why waste valuable time and energy by holding on to the wrong done to you, when this only destroys you and does nothing to the person who has done you harm? *You cannot change another, you can only change yourself*. So start by releasing the negative feelings and thoughts that hold you back.**

**Booker T. Washington once said, “I shall allow no man to belittle my soul by making me hate him.” Mighty powerful words from an ex-slave who became a great educator. Let those words find a place in your mind, recalling them often when you come up against conflict, so you won’t waste valuable energy on negative situations. Learn to be responsible for your own inward emotions.**

Take the time now to answer the statements here for your own personal guidance.

1. Mistakes are to be valued as tools to teach us what we are doing wrong in life, so we can find ways to fix them. Today, I will evaluate the past, so that I can learn from it and  
.....  
.....  
.....  
..... (put your answer here).

2. Knowledge opens the door to awareness. Today, I am a student learning to  
.....  
.....  
.....  
..... (put your answer here).

3. My hardships and disappointments are mere stepping stones that allow me to  
.....  
.....  
.....  
..... (put your answer here).

4. Compassion teaches us that from the Medicine Warrior to the state of enlightenment, the road is long and hard, but the reward of helping others is joyful. So, in your own words explain the importance of forgiveness on this sacred path  
.....  
.....  
.....  
..... (put your answer here).

# Peace

## *Spirit Guardian of the West*

---

Now you have come to the path that the Spirit Guardian Peace showed to the Medicine Woman for all Medicine Warriors. When humankind was still living in caves, she brought the understanding of peace to the people inhabiting the western portion of our world. Strife was unknown during these ancient times. This Spirit Guardian had taught the people then how to live in a state of harmony. This harmony that existed then enabled the humans to honor and respect all of creation. They knew that all life was sacred and that in every living thing was found the energy of the Great Spirit.

**“Peace comes not from the absence of conflict, but from the ability to cope with it.”**  
– Anonymous

Once again the ego saw a chance to gain more power, and fear became its tool. Fear was able to feed off the emotions of the weak, thereby creating an imbalance in the ancient ways of our planet. The Spirit Guardian Peace brings the information of understanding fear to the Medicine Warrior Way. She wants us to know and understand that fear is not our emotions, but a stimulus to action. Because of this we should not let fear control our lives or weaken us to the submission of the negative forces.

Humans have learned to fear what they do not understand. As a Medicine Warrior, your lesson is to learn and understand all things that make you a being of mind, body and soul. Throughout time, fear has been mistaken for the natural instinctive emotional response one can have to different situations. The difference between the two is that *fear is a learned response of the mind*. For example, the fear of terrorist attacks are what have been created by what happened on 9-11.

By comparison, an instinctive emotional response to a situation is a natural reaction of the brain. Here the potential for any type of peace is lost in fear. Hence, fear is a negative force created by our own emotions and mind working together. Fear is just that. With a better understanding of others, fear, along with hatred, will not find a place to take root.

For example, a mother’s instinctive response to a dog coming after her child. Humans have the instinct to respond to action. This is part of self-preservation. That is what takes place with the mother as opposed to a programmed fear. Learn to distinguish between actual programmed fear and instinctual awareness.

Humans generally tend to fear the unknown. Why should you even feed this type of fear when you have not created the future for yourself yet? Terrible things happen much of the time because they are the end result of this type of fear. But if we use positive energy to approach the things of the future or unknown, we find that things have a way of working out for the better.

Do not be afraid to try new experiences. Fear is what you make it out to be. You can learn to let it go by changing it from a negative response to a positive response. You can make fear work for you instead of against you. To learn first that to conquer your fears, you will have to face them head on. Learn to move forward without fear, and you will move in the direction of success, harmony and good health.

Success does not come from fear. The only road that fear will lead you to is failure. To avoid failure you must *focus on positive things* for this will leave no room for anything but success. Unclog your mind and begin filling it with only positive thoughts. *Do not give control over to fear and it will not have the energy to sabotage your life.*

Do this exercise to help you move past your fear.

I have typed the word fear in a column. Now without second guessing yourself, write down the first negative word that comes into your mind for each of the letters of the word fear. Remember, the first word that comes into your mind.

F.....  
E.....  
A.....  
R.....

Each of these words can be put together to form a complete sentence that exemplifies your fear.

By now, you should have had a chance to review what your own negative fear means to you.



**For example: Forget, Ego, Anger, Repulsive**

**This person's fear is based on the energy that they think if they forget, the ego will drive them to anger and they will become repulsive.**

**Do you see where the words form a sentence with a little help from other words, allowing you to see the negative side of your fear?**

**Now, let's change fear into a positive thing by writing the first positive word that comes into your mind for each of the following letters.**

**F.....**  
**E.....**  
**A.....**  
**R.....**

**For example: Friendly, Energy, Angelic, Revived**

**This person's fear has now been changed to a friendly energy that makes them feel angelic and revived.**

**This person would now take and write their positive fear on paper and post it where their eyes would see each day. The constant reading of their positive fear will enable them to move forward and let go of fear. Their journey now embarks them on a path of non-programed negative responses. They have changed their negative to a positive that now works for them.**

**This is how you let go of the negative energy that is causing the fear in your life. Let your positive words stand as a constant reminder to you that you do not need to have fear control your life. This reminder will help you see that if you work on creating positive energy, then you have nothing to feed fear.**

**Fear has entangled itself in our bodies, minds, emotions, and our spiritual lives. There is the fear of failure, set in most individual's minds while on their life path, yet there is no failure, only experiences. We need to change our patterns of life activity. Waking up helps us understand new dimensions of ourselves.**

Turning loose, letting go of our negative past, and beginning to rebuild new patterns of physical, mental and spiritual activities, can free us from the anxieties and fears that hold us chained in a consciousness of inadequacy and, quite possibly, even self-destruction. From this point onward, be the one to be in control. Cease being a slave to the illusions of fear.

As we set ideals, we can measure our thoughts, words and actions. We become in control of our lives. We can now build fear-free constructive attitudes by ceasing to feel negative thought patterns. *A Medicine Warrior who takes control and is able to eliminate negative programming lives the life of a peaceful warrior.* That individual is able to restore confidence and calm others down. Use the principles you are learning to help others learn to let go of fear.

“There is no fear in love; but perfect love casteth out fear...and he that feareth is not made perfect in love.” - John 4:18

“For the thing which I feared is come upon me, and that which I am afraid of, cometh unto me.” - Job 3:25

Remember, fear upsets the mind, which can cause many health problems. One’s emotional state has a lot to do with the illness(es) that invades the body. Here are some signs of illness to be aware, all of which can be triggered by your emotions.

1. Frustration, sensitivity, jealousy and confusion can influence kidney trouble.
2. Melancholy, repression, depression and emotional disturbance can influence liver trouble.
3. Struggles, rushing, wrong thinking and confusion can cause nervousness.
4. Self-rejection, lack of control, greed and frustration all can attribute to obesity.
5. Congestion and blockage will cause pain.
6. Fears, resistance and shock will bring on paralysis.
7. Tired of life, lack of spiritual understanding, emotional wounds and desperation open the door for pneumonia.

8. Irritation, chronic unpleasantness, bitterness, and revenge can produce signs of rheumatism.

9. Agitation, hurt, over-sensitivity can cause sinus trouble.

10. Skin disease can erupt from being over sensitive, lack of self-identification and the need to be loved.

11. Throat trouble can be attributed to lack of expression, hurt, loss, sadness and tension.

12. Foot problems can be due to a lack of stability, overload, uncertainty and lack of understanding.

13. Glandular disturbance can develop from signs of imbalance, lack of order, and poor distribution.

14. Headaches can be attributed to confusion, emotional upset, and sexual problems.

15. High blood pressure can come from fear and emotional upset.

*Remember, being in control of your mind allows you to be in control of your emotions and your life.*

As a daily exercise, try to fill your mind with positive thoughts. Refuse fear and worry, for they pollute the mind. First find out what is the cause of your fear, then analyze your fear so you can eliminate it and stop being the victim of negative thinking. Finally, once you have analyzed and eliminated the fear, use this information to enlighten others.

*Fear is the Medicine Warrior's greatest challenge*, because it is something that has been programed into you from an early age, to keep you in the shadow of its ignorance. Many fear death because they know not what comes after this existence. Why fear this event of moving forward from one state of learning to another? Remember, you were a baby and you had to grow up. You have had many lessons to learn along the way, and it wasn't always easy but you did it. I tell you that the other side of life is life. So don't cripple yourself with the fear of death, when continuation awaits each of us.

**The opposite of fear is gratitude. Fear has a way of taken your power away from you. Be grateful for who you are and let go of the fears that keep you from really living. You have so much in your life to be grateful for if you would just take the time for self-discovery and release of all fears.**

**Complete the following statements for you own personal discovery.**

**1. Today I recognize my fear and I will**

.....  
.....  
.....  
..... (put your thoughts here).

**2. My mind is the controller of my emotions and because of this my health, mind and my life**

.....  
.....  
.....  
..... (put your thoughts here).

**3. The sister Peace says, “A Medicine Warrior knows when to take on a task. They don’t jump into any situation for the heck of it. They wait to be asked to help.” Explain how helping others go beyond their fear helps them to heal.**

.....  
.....  
.....  
..... (put your answer here).

# Joy

## Spirit Guardian of the North

---

This section of the workbook incorporates the information from the Sister Guardian Joy. In the northern regions of our planet, she stirred the emotions to awaken inner awareness in individuals. Those who followed this path became the holy mystical people of the past. The most important part of the lessons on the journey of warrior-ship is *being able to love self first*. Love comes from within, then extends outward to touch everyone around us. This is what made the mystical people so alluring to others. When love is purely unconditional, it starts from deep within, then begins moving outward to our aura fields, expanding further to touch the energy fields of those around us, thereby creating a very high vibrational field.

The Guardian Joy brought to the humans of the past, the state of great delight, even in the cold frigid temperatures of the north. She introduced the ceremonial path of elation through inner awareness. *The joy within is the emblem of unconditional love*. Love that knows no boundaries and has no strings attached to it. The word LOVE itself gives us the directions to understanding this powerful energy.

**L** - *Living in the light of love always*, one of the Medicine Woman's motto's. This does not mean having to eliminate people from your life. It means being so full of love that your light helps influence the lives of others to one of greater value.

**O** - *Open your heart and mind to things in an objective way*. This means you need to learn to see things and situations from all angles. Not taking sides, remaining neutral but being objective to the point where you see that both sides of a situation have value.

**V** - *Vow to live a venerable life*. This means that you must be totally true to your spirit, and in so doing you will radiate outwards, with others able to feel your wonderful spiritual energy.

**E** - *Everyday in every way bring love, peace and harmony to everyone around you*. If you can not bring this love, peace and harmony to yourself how do you expect to bring it to others. Remember love starts with self. It is a wonderful feeling that needs to be experienced and shared.



**When one begins to live by these apothegms, life becomes less stressful and you begin to understand the importance of loving self first.**

**When you love self first, you begin to feel the light of love surrounding you. It is the most powerful energy around.**

**Loving oneself first, allows you to accept this energy as it surrounds your total being and begins to vibrate outward to others so that they, too, may experience your love.**

**Learning from books will make a person a parrot, not a wise individual. Why? Books cannot teach you to love. *Love has to be experienced.* When a person has really learned the meaning of love and its vibrational frequency, they are undoubtedly a wise person, and in touch with the truth.**

**I have listed here an exercise that you can do to help you improve your thinking, so that you can have a more joyful life.**

- 1. List everything that has ever irritated you in life. Do not leave anything out.**
- 2. Let it all go so that it is no longer a part of your life. Rid yourself of all negative thoughts. I have counseled many and a way that has served to help others is by burning one's list, thereby releasing it along with all of the affiliated emotions. If we take our problems one at a time, they become manageable. Let the negative go.**
- 3. Look around you to find the smallest positive thing. Once you have found your positive stimulus, log it into your memory. It will serve as your beginning to positive thinking. Let this become your inspiration in times of need. When we open ourselves up to enjoy the smallest, simplest things in life, such forms the basis for continual positive thinking.**
- 4. Smile and reflect to others your joy. Learn to appreciate the people around you, instead of complaining about your life. Let your joy encourage others to become more positive.**
- 5. Let the vibrations of your optimism spread to others.**
- 6. Do not let the problems you face in life rob you of your joy of living. Complaining only brings you down, makes you more depressed. In sharing this information with others, it merely brings them down as well. Not only do you stop your joy from flowing, but you rob the person you complain to from their joy as well.**

**7. Make it a daily practice to always reflect back on happy moments in your life.**

**8. Joy is being a compassionate person and non-judgmental.**

**9. Remember it all begins with self.**

*Walk away from those individuals who only want to be takers. These individuals will, in time, deplete you of your energy. People who have learned to be givers instead of takers are a pleasure to be with because they help to enrich the lives of others. Remember, the more we give to life, the more we will get in return.*

**The road to a happy, joyful life is found by striving hard to make others happy. As a Medicine Warrior, one must learn to become the source of encouragement, inspiration and friendship to others. Love is a healing energy that is always present. Even in our darkest hour the light of love has a way of shining on us because, as humans, we thrive on its energy. It is an energy that is deep at the center of our being.**

**As we allow love to flow outward, we begin to love ourselves, which, in turn, fills us with joy. You cannot reflect something to others unless it is first within you. In reflecting the qualities of love and joy, many will benefit, because it is positive energy, energy that sends the message that you care.**

**A Hindu Proverb says, “The wise person looks within his heart and finds eternal peace.” This means that when you are in control of your life, you will know peace. The peace that brings joy to your heart and shines outward to others. Once again, the lesson for the Medicine Warrior is to begin taking control of their life by being in control of their thoughts.**

**Complete the following sentence for your own personal development.**

**1. Everything in life has a vibrational frequency. Even the human heart has a vibrational beat that can be very hypnotic and put to music. Today, I will listen carefully for the natural symphony around me because I**

.....  
.....  
.....  
..... (write your thoughts here).

**2. A kind word brings joy. I will make it a point to**

.....  
.....  
.....  
..... (write your thoughts here).

**3. The Guardian Joy says, “A medicine person who walks their talk gives of themselves freely and lovingly.” Explain why understanding unconditional love is so important to the Medicine Warrior Way.**

.....  
.....  
.....  
.....

# Unity

## Spirit Guardian from the East

---

The mystics of the east were guided by the wisdom left to their part of the world by the Spirit Guardian Unity. Unity's influence in this area gave humans the ability to understand that everything has a light and dark, good and bad, negative and positive, energy. They learned that these two forces are not separate but a part of everything. Unity established the path of oneness of body, mind and spirit for these ancient ones to live by.

In understanding the wisdom this guardian has to offer you *need to really know your body*. Take this time to answer a few questions on the body to see just what you do know about yourself.

1. How much water do you drink a day? \_\_\_\_\_
2. Do you know how much water you should be drinking daily? \_\_\_\_\_
3. Have you ever cleansed your body of parasites? \_\_\_\_\_
4. Do you even know when you should cleanse your body? \_\_\_\_\_
5. Have you ever been checked for heavy metal toxicity? \_\_\_\_\_
6. Have you ever noticed lines in your tongue? \_\_\_\_\_
7. Do you often feel tired or fatigued? \_\_\_\_\_
8. Have recurring headaches? \_\_\_\_\_

These are all important questions when you need to know why things are going wrong with your health or healing.

**Water is very important and you should drink enough, each day, to keep the cells in your body hydrated. There are about 180 different parasites that can inhabit the human body and cause all kinds of symptoms that would eventually make you ill. Along with the heavy metals that can enter your body from water, food and the air, you should be cleaning your body of these toxins often.**

**Our bodies are constantly talking, giving us signs of what it needs or does not need, but do we actually listen? In order to continue this sacred journey you must learn to listen to these signs and cleanse the body when needed. Next, you need to be able to see and feel the subtle energies around you. This means that you open yourself up to becoming a sensitive. The degree of this attunement depends on the innate ability, background or life experience you may have. The only draw back in becoming a sensitive is that it can be extremely exhausting in some cases. This ability cannot be totally experienced through a workbook. It takes time and patience.**

**In the path of the Medicine Warrior, it is very important for each of you to learn to listen to the signs your body gives you. Your body is constantly telling you what it wants and what it does not want but how often do you listen to these signs or get the message right? Learn to pay close attention to your body, for how can you help others if you have not learned to help yourself first.**

**The Medicine Warrior learns to avoid empty chatter. They realize, through time, that it will spread like an infection clouding the mind. The mind is the controller. If you fill it full of positive things, you will maintain good control. The Medicine Warrior uses meditation as a relaxing tool to help clear the mind. This aides them in developing the positive energy needed in healing. The degree of this ability depends greatly on the individual. Everyone has this ability, an ability that in many has laid dormant.**

*The spirit of each individual is on a journey in search of truth. As a Medicine Warrior, it is important that you understand that truth is found within and the only way to go within is to quite the mind. The information you gather from outside yourselves are merely guidelines to seeking the truth within. Make sure you are open for the information you seek by making sure your chakras are all balanced. Balanced chakras will allow the body's natural energies to promote healing, not only for oneself but for others as well.*



**Here is an exercise you can practice in your spare time. Get a black piece of velvet cloth the size of a sheet of paper (8 ½ inches by 11 inches). Each day, for about 20 minutes, and no longer, practice placing your hands about an inch above the cloth with your palms facing down ward. Call the energy into your body, down your hands and out your fingers. Do this in a dimly lit room. Eventually you will begin to see the strands of energy come out your finger tips and extend down to the velvet cloth as it grabs at the velvet fibers. Once you are able to do this, practice raising your hands higher, each time, until you get full control of the energy. This exercise helps you not only gain control of the energy, but also teaches you patience and control of your mind.**

**The well known author, Robert Browning once said, “Truth is within ourselves. It takes no rise from outward things, whatever you may believe. There is, in the most center of us all, where truth abides in fullness and around wall upon wall, the gross flesh hams it in, this perfect clear conception ... which is truth.”**

**The next step in the wisdom of Unity deals with the spirit. Spirit is energy and all energy is radiant. Know that *nothing is holding back your spiritual development but yourself*. The spirit of each individual is in the eternal search for LOVE, the manifestation of truth. The truth found only within each of us. If you have not learned how to meditate, you need to start now, because you cannot connect the body, mind and spirit in the path of unity without being able to center and quiet yourself. Have the patience to set the fast paced world aside each day to bring the rituals of unity into your journey as a Medicine Warrior.**

**The mistake of not giving respect due to the body, mind and spirit will sooner or later take its toll, and the debt must be paid. It is your life and how you live it is up to you. The instructions of the Seven Sisters are guidelines to help a Medicine Warrior walk the earth journey in the unity of body, mind and spirit.**

Complete the following statements for your own personal self discovery.

1. Our mind is the builder, the creator and a co-creator. Today, my mind will conquer the ego and all its negative emotions. My mind now begins building qualities of  
.....  
.....  
.....  
..... (put your words here for your own truth).

2. The art of visualization is the ability to create and hold images in your mind. I see myself  
.....  
.....  
.....  
..... (put your words here for your personal awakening).

3. I have learned the importance of understanding the signs of my body. Today I will  
.....  
.....  
.....  
..... (put your words here for self development).

4. The Guardian Unity says, “Everyone can take advantage of the healing arts. A Medicine Warrior takes the arts to its fullest potential.” How can a Medicine Warrior make use of the information of understanding the way of oneness?  
.....  
.....  
.....  
..... (put your answer here).

# *Patience*

## *Spirit Guardian from Below*

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Here we look for the guidance from the Spirit Guardian Patience. With the inhabitants of all the lower portions of this planet, she tried over and over to show them how important it was to be able to suppress the ego. The ancient tribe in South America known as the Elder Brothers got the message and still to this day, they have found a way to keep the ego in check.

The Guardian Patience tried to warn humans that allowing the ego to have control of one's life would lead to disharmony and destruction. Her wisdom was ignored. Before long, negative emotions such as temper, anger and greed, dominated many of the individuals of the past, giving them the strong desire for selfish gain and a false sense of what the Seven Sisters were trying to teach humans.

Self-control is the ability to put the ego in the right perspective. Take the time to be like the insect the praying mantis. Be still and learn to be patient. Look at the world today. Everyone constantly rushes to and fro trying to get things done, when, in fact, they are causing more and more stress to themselves which in time will bring the body to a stop.

Why wait until you have caused damage to yourself. *Learn to slow down and be patient now.* Being able to maintain self-control as a Medicine Warrior is having the ability to have patience with self and others. Without self-control, the Medicine Warrior would be unable to love unconditionally or help in the healing of others. For it is in loving unconditionally that one has the patience to endure all things.

On this journey you have started, learn now that *in order to be of service to others you must have patience and not let the ego get in the way.* I have personally found the best way to both understand and learn patience is to spend long periods of time around a group of very small children.

When I was in high school, I worked after school in a hospital orphanage with babies that ranged in age from newborn to 11 months old. When you have 7 screaming babies all wanting a bottle at the same time, you learn to become patient very quickly.

**I had care of the room one day, with all 7 babies that were 11 months old. I had a routine that I went by which helped me to get things done. After the babies had their baths and their bedding change, they ate. Then it was time for their bottles of milk. They could all hold their own bottles, so I started giving them out, but by the time I got to the fifth baby, the first one stood in the crib and threw his bottle at me. It broke when it hit the floor.**

**The babies all looked at the mess on the floor and the one who threw the bottle started laughing. The next thing I knew, all the babies were throwing their bottles on the floor and laughing. I tried to make them stop by yelling, “Stop don’t do that.” That did not work. So I sat down on the floor and just closed my eyes for a few minutes.**

**The next thing I knew, all the babies laid down in the cribs and were slowly going to sleep. These babies taught me a lot about patience and I can personally guarantee that you will learn a lot from small children. You will learn how important it is to have patience in your life. Learning to keep yourself centered and well grounded will also help you gain the patience needed to walk this path.**

**One of the main reasons that ego got so out of hand in our planet’s historical past was because many of the humans did not understand the way of patience, carelessly pushing aside the willingness to suppress the restlessness in themselves.**

**Yes, the ego has caused many to have energy that was going outrageous with greed. Many of the elder wise ones around the world have learned to suppress the ego through patience, meditation and service to others. In this way, they have managed to control the instinctive impulses that seek to satisfy one’s vanity.**

**During your spare time sit quietly and just take in the sounds and sights of nature. Allow your spirit to connect with these earth energies to help center yourself and ground you.**

Once again you need to complete the following statements for your own personal work towards becoming a Medicine Warrior.

1. Patience, determination, and practicing what you desire to become is the only way to get results. Today I will

.....  
.....  
.....  
..... (place your thoughts here).

2. As I sit patiently waiting for more information my thoughts

.....  
.....  
.....  
..... (again place your thoughts here).

3. The sights and sounds around me make me

.....  
.....  
.....  
.....  
(It is important to complete these statements because it allows you insight into your own development).

4. The Guardian Patience says, “Medicine people are great story tellers. Sometimes their stories help bring a healing to the hearts and minds of others.” Knowing that a Medicine Warrior has to heal self first, what method would you use to bring about balance in your life and then use in a story?

.....  
.....  
.....  
..... (place your story here).

# *Honor*

## *Spirit Guardian from Above*

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**At this point in the workbook, we direct our attention to the wisdom of the Spirit Guardian Honor. From the direction above, she brought the wisdom of respect and honor for everything upon this planet. When the sacred ways began changing on our planet to greed and carelessness, they took the place of respect and honor.**

**Medicine Warriors must walk the earth plane with the highest respect for all life. A Medicine Warrior has the distinction of being the guardian of this planet's children and elders. A true Medicine Warrior respects the facts accumulated through time by our elders, even in the oral traditions. They also value the insight and sayings that flow from the mouths of children from time to time, because the Medicine Warrior understands that children still retain some connection to the universal wisdom. They understand that all combined wisdom from the elders to the children has an important place in our planet's evolution.**

**This is the perfect time to introduce you to the Medicine Warrior LOOP meanings.**

**This path of awakening aides to enhance the wisdom of respect and honor because the LOOP is a sacred path that must be traveled by each Medicine Warrior.**

**There are two sacred LOOP's that make up the sacred circle of life for a Medicine Warrior.**

**Usually the first LOOP is experienced throughout their development in life until they are ready to become Medicine Warriors. When one makes the decision to take the journey of a Medicine Warrior the second LOOP begins.**

**Once you understand and apply this wisdom, your journey connects the two LOOP's together forming the sacred circle of your life.**

**The Guardian Honor wants you to understand that the Medicine Warrior LOOP becomes your constant reminder of your sacred earth walk.**

- L - The letter L will always stand for *unconditional love* on this path**
- O - The first letter O will stand for *objectivity***
- O - The second letter O will stand for *observation***
- P - The letter P stands for *patience* (the most important and yet the hardest to master)**

**Walking the sacred LOOP as a Medicine Warrior will help you to stay in the positive and project that energy to others. Learn to use the LOOP as a guide in dealing with all situations in your life.**

**Answer the following question.**

**The Guardian Honor says, “The other creatures of this land are full of information. Take time to pay attention to the messages that they may bring to you, for even a little ant has a lot to say.” How can you use the way of the LOOP to help others?**

.....  
.....  
.....  
..... (write your answer here).

# Harmony

## Spirit Guardian from Within

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In this final section of the workbook I hope that you get to feel the energy of the Spirit Guardian Harmony. She once walked within the earth cycles spreading the vibrations of pleasing tunes. The Guardian Harmony's very presence on the earth plane influenced music, dance and the creations of different instruments that we have today.

All the caretakers of the earth, treasured the vibrations that this Spirit Guardian poured into nature. The oldest tribe of these caretakers taught the Medicine Woman the sacred way of Share the Warmth when she was just two years old. Today, she uses this lesson in helping others and also in the seminars she has taught throughout the years. Today, this sacred vibration will be shared with you as the caretakers shared it with her so that you can connect with the energy of the harmony of life.

This Share the Warmth is done like a mantra. You kind of sing the word love but you hold the note. Like LOVEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEE. You do this 3 times. Each time before you do it take a deep cleansing breath. You will notice as you do it each time that you are able to hold the note longer this is because of the change you are creating in the air frequency around you.

Harmony showed the earth creatures that *there is music in everything for everything vibrates at a certain frequency*. In our past, she showed the inhabitants of our planet how this vibration had the power to heal and soothe the spirit, mind and body. But it is the knowledge of a little power that caused the changing of these ancient ways.

Once again with her other sisters, the Guardian Harmony has come back to help humans find the right vibrational frequency that will promote harmony and bring peace back to this planet.

Most people today do not live a lifestyle that promotes a sense of harmony. In fact, most live their lives as if there is no tomorrow. Our fast paced society rarely gives them the time needed to explore self and the natural world around them.



**A Medicine Warrior begins the search for harmony by studying the ways of the animals, insects and plants. Then this individual learns to associate the organs of the human body with the five elements. This is because harmony can easily come to a Medicine Warrior whose energy centers are well balanced, allowing the natural flow of energies to support each organ.**

**The word chakra means wheel. Chakras are rotating wheels or energy centers of the human body. They send energy up the left side of the body to the hemispheres of the brain and down the right side of the body through the spinal cord. In ancient text, there are writings that connect the human body with the planets.**

**The Ancient Ones realized that planets are basically the chakras of our solar system. This association of the planets with the human body helped them study the effects the movement of the planets imposed on the body's blood, muscular system, bones and immune system.**

**The old saying, "As above, so below", showed them that the planets were a part of a universal rotating system of energy that had an influence on everything within that universe. This led them to study the way energy moved through the human body.**

**They discovered that there were nine major energy centers that allowed energy to move throughout the body. Through further research, they found ways to manipulate these inner energies, causing a kind of interchange with the five elements of the natural world (water, fire, wood, metal, and earth). These natural elements have an association with the human body in the following way.**

**Fire connects with the heart and small intestine.**

**Earth is associated with the spleen and stomach.**

**Metal has its connection with the lungs and large intestine.**

**Water, of course, would link up with the kidneys and bladder.**

**Wood has its relationship with the liver and gall bladder.**

**These studies led the Ancient Ones to the following conclusion. When all nine centers were rotating in the same direction and at the same rate, a person is able to raise the levels of consciousness, causing the body, mind and spirit to be in perfect harmony.**

Each of the nine chakras are different and have a specialized function. These centers have an affect on the nerves and glands of the human body. They each resonate at certain frequencies.

One of the most powerful chakra CDs, 9 Chakra CD, was created in 2000 through the influence of the Guardian Harmony. This CD was created with sound, mathematics, the use of biofeedback and spiritual guidance. Because it was influenced by the Guardian Harmony, it has helped so many people and in so many different ways.

If you want to know more about the CD contact the distributor Nile Queen Aset at <http://etherealvibrations.ning.com>

You must now answer a final question for your self examination.

The Guardian Harmony says, “A Medicine person knows that the help they give others comes through them from the Great Mystery.” What do you want to do with the knowledge of healing energy?

.....  
.....  
.....  
..... (place your answer here).

The final part of this work book is something you need to do on your on.

Sit in front of a mirror and ask yourself the question “Who Am I?” When you can begin to answer that question honestly, you will see how it will also answer a lot of other questions that you have been in search of an answer to.

Once you have completed this workbook, do not just put this information aside and forget about it. Take and review it often. Remember, *the road of a Medicine Warrior is one of continual growth and self awareness.* Walk your talk and become the Medicine Warrior who honors their truth within.

# *Rules For Being Human*

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- 1. You will receive a body. You may like it or hate it, but it will be yours for the entire period this time around.**
- 2. You will learn lessons. You are enrolled in a full-time, informal school called “life.” Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.**
- 3. There are no mistakes, only lessons. Growth is a process of trial and error, experimentation. The “Failed” experiments are as much a part of this process as the experiment that ultimately “Works”.**
- 4. A lesson is repeated until it is learned. A lesson will be presented to you in various forms until you have learned from it. Then you can go on to the next lesson.**
- 5. Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.**
- 6. “There” is no better than “Here.” When your “There” has become a “Here,” you will simply obtain another “There” that again, looks better than “Here.”**
- 7. Others are merely a mirror of you. You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.**
- 8. What you make of your life is up to you. You have all the tools and resources you need: what you do with them is up to you. The choice is yours.**
- 9. The answers lie inside you. The answers to life’s questions lie inside you. All you need to do is look, listen and trust.**

**Author Unknown**

# *About the Author*

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**Crooked Arrow is a gifted Intuitive Anatomical Health Practitioner, as well as a Spiritual Counselor and Tribal Medicine Woman, who has devoted her time and energy into helping others. Her sensitivity and ability to understand the signs around us, enables her to consult on body, mind and spirit.**

**From a technical and certification aspect, Crooked Arrow has a Master's Degree in Herbalism, and a Ph.D. in Natural Nutrition as well as an extensive background in massage, polarity and aroma therapies. She is the founder of the Mustard Seed Medicine Council. She has won numerous awards for her poetry and was recently among the finalist in the Red Bull Art of Can 2008 Exhibitions. She is a crafter and a recycle artist using junk mail to create beautiful works of art. She has written and copyrighted the following books,**

*A Tree For Health*

*The Enlightenment*

*The Whispering Desert*

*Earth Walk*

*The First Medicine Wheel Coloring Book*

*Not His-story, Not Her-story, But Another-story*

*Will You Listen*

*The L.O.O.P.*

*Restoring Tribal Pride*

*How? Journey of an Awakening*

*The Medicine Warrior Workbook*

*The Legendaries's Great Gathering*

*Your Kitchen Medicine Chest*

**In addition, she has also co-written and copyrighted the following books with her son,**

*A Song in My Heart*

*The Nomians*

*The Cat Who Couldn't Meow*