

# Balanced Horizons



Oriental Medicine; Craniosacral Therapy; Shamanic Healing  
Berta C. Kühnel, L.Ac. Dipl. O.M.; CLP

## Journey of Transformation with a Pattern

There are various aspects to consider to really bring a deep lasting shift to our engagement with life. We have many tools from our Medicine Wheel Workshops to engage these aspects, some are listed below

- **Awareness:** Seeing the repetitive pattern and how it limits you
  - See issues & patterns reflected in the mirror of your life
  - Revisit your South and West class “Awareness Practices” for pointers
  - Journey with your Jaguar Warrior to be shown what limits you
  - Use tarot deck for reflection - Write a 3-card story and track it
- **Choosing:** It’s our journey - We choose whether we want to transform that pattern
- **Ownership:** Stepping out of the victim role and owning your piece of the pattern
  - How it lives within you allows you to step into an empowered place of taking it on journey
  - If it’s yours you can change it!
- **Benefits & Gifts:** Begin to bring awareness of the benefit it has provided and the gifts grown
  - Every pattern has a benefit, for example: to avoid failure; to stay safe. etc
  - At the level of our Souls Journey we engage patterns to grow gifts and qualities
    - You could blow pattern into a stone and step in to access the gift
    - You could track for the benefits or gifts using your perceptual states
    - Journey to your essential and ask: Why you choose the pattern, what you are growing?
- **Resolution:** What needs to be heard what needs to be said, forgiven or honored
  - This may need to happen either before or after clearing the density or gaining the gifts
    - Use your resolution fire
- **Release the Density:** Repetitive patterns have an accumulation of density, pain and bindings
  - We want to release the pain & binding but do it on the energetic not visceral level
    - You could use handouts from your Medicine Wheel workshops to engage your personal work
    - Rattle and release backwards in time and then forward in time (North sandpainting process)
    - Word Deconstruction - clears the pattern from all levels of engagement as well as cellularly
- **Retrieve, Claim & Integrate:** What has been grown or is now available to you
  - Our work can open the way for aspects of self to now be more available
  - To really integrate the gifts grown they need to be claimed deeply, infused into your luminosity
    - Journey for an aspect ready to come back into conscious awareness from the underworld
    - Reach out and deeply claim the quantum of energy grown
    - Use your perceptual states to re-calibrate you at all levels of engagement
    - Use your East Transit Process to allow the transformation & integrate
    - Take it to the fire
- **Honor the Journey:** From this new shift, you have a new relationship to life
  - When you can honor the journey, the players and yourself - that reflects a big shift
- **Anchor New Life Engagement:** We want our work to inform our daily life engagement
  - New Body movement, New journey statement, As I ... then I
  - Give self homework to continue to work with the integration