

Maori (New Zealand) Healing Circle for New Beginnings For the Divine Fellowship

1. Prayerfully request guidance and insights for moving forward in your life right now. Draw a large circle on your paper that symbolizes the scope of awareness.
2. Focus your intent upon drawing a path and ask to be guided to reveal its location to you. Do you see it in your mind's eye? Draw that. Sense it as you observe the circle? Draw that. Feel it as you run your hands over the paper? Draw that. Or, just guess and draw. You cannot do this incorrectly. Just trust and draw.
3. Draw a house. Any kind. Any where on this page using the same technique as above.
4. Draw a mountain. Any kind. Any where.
5. Draw a butterfly. Any kind. Any where.
6. Draw a tree. Any kind. Any where.
7. Draw a snake. Any kind. Any where.
8. Draw a bird. Any kind. Any where.
9. Draw a horizontal line across the middle of your paper dividing your paper in half. Draw a vertical line across the middle of your paper dividing the paper into 4 quadrants.
 - a. Upper left = Mental = Valley of Birds
 - b. Upper right = Spiritual = Valley of Mountains
 - c. Lower left = Emotional = Valley of Flowers
 - d. Lower right = Physical = Valley of Trees

Circle the interpretation below that fits your drawing and/or write in your interpretation.

Symbol	Interpretation
Path	My journey, focus for now. List path's journey through each "Valley" touched.
House	How I perceive myself right now. Valley of - Birds/Mental= knowledgeable/ready to learn; Mountains/Spiritual= connected/ready to connect; Flower/Emotional= compassionate/ready to heal; Trees/Physical= Capable/ready to acquire new abilities
-w/windows Or doors	Open to learning and growing – ready, eager, hopeful
-w/Chimney	You have sufficient energy for task ahead
-w/Lock	You are safe to learn and grow
Mountain	My current quest - next step starts in this "Valley" Bird - Flower - Mt. - Trees
-w/snow	Untapped resources available – seek them out
-Peaks	Others are here to help – seek them out
-Base	If base is in different "Valley" than peak, start in the base valley with your intent, interest and action

Maori Healing Circle Cont.

Symbol	Interpretation
Butterfly	I'm ready to make changes in this "Valley" Bird - Flower - Mt. - Trees
-w/spots	My perceptions are ready to change
-Antennae	I'm ready to receive new insights, input, info, and directions through my intuition and Divine guidance
-Legs	I'm ready to take a leap of faith – to take flight
Tree	Growth will happen in this "Valley" Bird - Flower - Mt. - Trees
-Summer	I grow by stretching, expanding, reaching
-Winter	I grow by noticing, watching, allowing myself to just be
-Fall	I grow by letting go of old attitudes, activities, expectations that no longer serve.
-Evergreen	I grow by maintaining positive anticipation – hope and acting from that hope
-w/roots	I grow by digging deeply into what matters – what holds importance
-w/knot	I grow by healing from past wounds and opening up to new possibilities
Snake	I am healing myself in this "Valley" now Bird - Flower - Mt. - Trees
-Outstretched	I heal thru movement, taking action in my own behalf
-Coiled	I heal by resting, relaxing, meditating, being aware
-Strike	I heal by setting clear boundaries, standing my ground
-w/tongue	I heal by utilizing my sensing, insights, and communication
-w/eyes	I heal by clarifying my vision (seek) – I help others heal by sharing my vision
-w/pattern	I heal by stepping up and allowing myself to be seen
Bird	Spirit messenger bringing insights into this "Valley" Bird - Flower - Mt. - Trees
-Eagle	Spiritual vision – insights coming to you now
-Dove	Bring Love into your situation now
-Chicken	Pick up what you are being given – little bits at a time.
-Condor	Ride the currents of the situation by allowing Spirit to uplift you now