



WHEEL OF FOUR DIRECTIONS

A 28-CARD DECK &
GUIDEBOOK



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WHEEL OF FOUR DIRECTIONS

GUIDEBOOK

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Welcome to the world on the Wheel. These cards bring together years of work on the Wheel of Four Directions - an ancient healing and divining map of the world present in various traditions. It is a modern interpretation for our times that does not require a traditional background but is deeply rooted in the shamanic practice.



How to work with this deck

This set has 28 cards, 4 wheels, 6 directions – North, East, South, West, Centre and Blue Line*. Each Wheel has a theme and is an invitation to a ritual. Each Direction has a message for you.

You could just pick a card a day and use it as a little prompt for a meditation or guidance; you could use it for divination if you have a question in mind. The Directions are alive, have their own characters and qualities, gifts and lessons.

You could do a ritual on the wheel using cards to set up four directions - one card for each direction face down, and then turn cards around and see what each direction tells you and wants you to do. It is recommended to do a ritual with the whole of you body, so you place cards on the floor and step into each direction to tune it to its energy and to do the little tasks on the cards, i.e. breathe, imagine, connect with inner child etc. Usually you begin in the East and walk clockwise, but stay tuned to what you are called to do, as you may be drawn to a different starting point and movement. It will also work on a table top and just bringing your attention to each card.

You could walk the whole wheel or just part of it, come back to it as many times as you want. You could

use cards of the same wheel, or shuffle them and use all wheels to create one, based on directions' symbols - the Moon on the back.

You could also work only with images, connecting with the spirit of the image, its message for you today and what it might mean for your question, situation, dream. In this deck, all elements have their own power - the wheel as a complete system, each direction with a character, each image as energy connecting to the message of the card and bringing its own essence.



Maybe you will get inspired to create your own ritual on the Wheel as your connection to these cards and directions develops. Share it with us on asconstellations@gmail.com

*The work with six directions as used in these cards has been developed by Daan van Kampenhout, he added the Centre and Blue Line to the Wheel in his work with Systemic Ritual.

The Wheel of Four Directions

Present in a variety of cultures all over the world, The Wheel of Four Directions is also known as the Medicine Wheel. It differs from one land to another, but its core is always the same - East, South, West and North.



East

Rising Sun. Energy of the new beginning, new day, new opportunity, spring, rebirth, clarity, vision, growth. Just imagine sunrise, its power and potential.



South

Sun in zenith. Fullness of life, power, summer, high energy, buzz and support of people around you, connection to everything that is alive, action.

The easiest way to connect with the energy of each direction is follow the movement of the Sun or the Moon. In this deck we use the Moon to symbolically represent each direction, without connecting it to the actual Moon cycle.



West

Setting Sun. Slowing down, finishing activity to prepare for rest, endings, letting go, autumn, going within, listening to intuition and body wisdom.



North

Dreaming Sun. Night, winter, silence, dreaming, Great Mystery, rest, emptiness, place of the soul.

Four Doors

Wheels in this deck have two more directions and the Wheel of Life also has four 'Doors'. These two directions of Centre and Blue Line as we know them on the Wheel were added by Daan van Kampenhout, founder of Systemic Ritual.



Centre

A place where everything meets and all four directions become one; Earth, You/I, Tree of Life that holds all worlds together.



Blue Line

A place of Great Mystery, a meta perspective, a place outside of all dynamics; the dark blue of the Cosmos that wraps up and holds the Earth and all Four Directions.

Doors - are the transition points, North/East, South/East, South/West, North/West. They exist on every Wheel and it is good to include them in each ritual; they are particularly present on the Wheel of Life where they represent life transition - birth, puberty, moving into old age, crossing over.

[Space for
Agnese's
full wheel
illustration]

Four Wheels



Wheel of Life
(10 cards) page 13

The only wheel with clearly marked doors - life transitions; a ritual on the wheel of life will reconnect you to different stages of your life, past and future, honouring the whole of you and bringing support where needed. Symbol: four ages - infancy, youth, middle and old age as used by native Americans.



Wheel of Wellbeing
(6 cards) page 33

The Wheel to bring harmony to various aspects of your wellbeing - each direction here could become a ritual in itself and together they create balance inside and outsd. Symbol: sun symbol meaning hapiness as used by native Americans.



Wheel of Homecoming
(6 cards) page 45

Connecting to the Land of Ancestors, this Wheel helps us to feel at home with ourselves wherever we are in the world, connecting the past and the future, time and space, ancestors and descendants. Symbol: temporary home as used by native Americans.



Wheel of Resources
(6 cards) page 57

This Wheel reconnects us to what we already have in our life to support and resource us. In this ritual you are welcome to add more resources to each direction, create a list of what is and what is needed, imagine it is already here and remember the embodied feeling of it. Symbol: bear paw as good omen, used by native Americans.



Wheel of Life

Door 1

Meditate on your Birth – the first threshold you crossed in this lifetime.

If you could, what would you do to make this arrival safer for yourself? Imagine.

The roe deer symbolizes gentleness with strength and determination. It is a symbol of innocence, living with a grace, being sensitive and intuitive and alertness. Also an ability to accept mysteries of life and live fulfilled life.





Wheel of Life East

As you stand in the East – the place of your childhood, check in with your inner child. Spend time with your little self. What would you like to do together?

The chipmunk symbolises exploration and play, ability to notice small details and changes and contributes to creativity. The chipmunk is also a sign of magic and mystery. Pay attention to details.





Wheel of Life

Door 2

The most vulnerable of transitions. Remember you – teenager. What would this teenager say to you now? What would you say to them?

Butterflies symbolize transformation. Pay attention to life or personal areas that need transformation. Butterflies help to accept these changes and acknowledge them and go through them beautifully.



Wheel of Life

South

In the maturity of South, think of your role models. Who are those who you'd call a good adult? What makes them good adults? What one quality could you benefit from today?

The fox symbolizes intelligence and problem solving. The fox is a master of adaptability and invisibility. They see beyond the veil, can predict moves of others and adapt to circumstances faster than others.





Wheel of Life

Door 3

One of the most invisible transitions. Imagine yourself growing old, what could you do now to soften this movement, to welcome it, to enjoy it, to be proud of it? This is a door that we don't see coming, although it has always been there.

The raven symbolizes wisdom, affection, healing powers, longevity, death, and fertility. The black emptiness suggests to look for the answers within.



Wheel of Life West

As you stand in the West of your life, tap into your wisdom and intuition. You are your own answer to all your questions.

The owl is a symbol of intuitive knowledge and wisdom. The owl spirit helps to see hidden truth beyond illusion. The owl helps to find wisdom in silence.

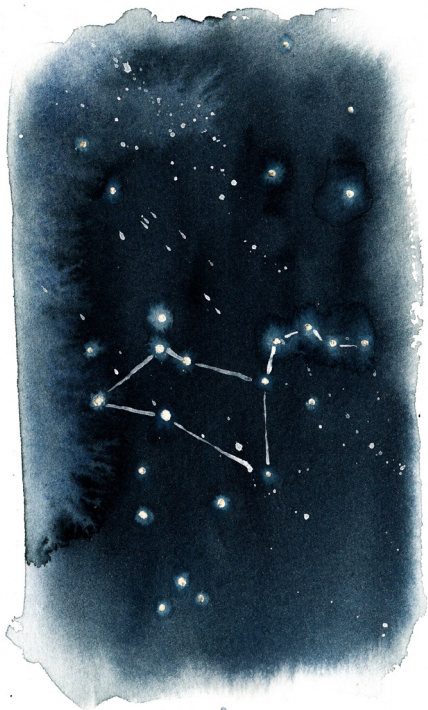


Wheel of Life

Door 4

Imagine you are just about to open the last Door of this lifetime and leave your body behind. What five things would you definitely like to remember for your 'next life'?

The deer invites you to be compassionate for yourself and others. The deer is a sign to ground yourself and become less anxious.



Wheel of Life

North

In this place of silence in the North can you feel your soul becoming one with the universe? The place of all beginnings and all ends, a pause in a cycle of life.

The lion symbolizes the strength and power to lead others. As a constellation it suggests to take break in hunting and managing life. Take a look at big picture from the above.



Wheel of Life Centre

Where all directions meet – the Now. Are you fully present to this very moment in your life? Take a deep breath, bring yourself back to your body right here. I am here. I am listening.

The whale asks to listen to your inner voice, to examine where you are, what has brought you here and what are your emotions now. Have you heard whale song? It might help to center.



Wheel of Life Blue Line

Rest, rest, rest. Spend some time in a place of healing; take yourself out of any present dynamics, step out of the wheel into the loving hands of the Great Mystery. You are held.

Bear is in deep touch with processes in nature and Mother Earth. Bear helps to heal physically and emotionally, gives strength and confidence. Bear suggests to take some quiet time, solitude and heal.





Wheel of Wellbeing East

Place of your material wellbeing. In your ancestral field you have those who were well resourced, well supported and confident to ask for help when needed. Also you have all those who never had enough resources, and couldn't find or rely on help when in need. You might feel aligned more with one than the other but both have a place in you. Both learned lessons, both received gifts. Take a breath and allow everything to have its place.

Prehistoric rock drawings in Northern Europe are more than 6000 years old. This is a clear evidence of our ancestors living, loving and creating. And as we want to leave the best world for our children they had the same intention.





Wheel of Wellbeing South

Wellbeing of relationships. Who in your family needs to be seen today? Imagine your family being a little constellation of bright stars, all connected in some way. Where would you place yourself in this constellation? Whom have you not included in it?

People have been collecting sea pebbles for centuries. Used them as toys, decorations or divination. Take one, feel it and connect to your family member. Then the next one. Make a family constellation



Wheel of Wellbeing West

Wellbeing of your Body. Do a quick scan of your body. Is there a symptom that affects you? What is your body trying to say? What is the gift of this symptom? If it was to go, what else would you be missing? Tune in to the symptom, imagine looking at it closely and saying to it – you too have a place and a role. Thank you.

Shamanic drumming helps to connect to yourself and then further to the spiritual world. Recent research say that drumming helps in physical healing, boosts the immune system and helps to release emotions thus increasing well-being.





Wheel of Wellbeing North

Spiritual wellbeing. Close your eyes, take a breath, go within, connect with that part of your Soul that is always in touch with the Source, with the Divine, the Great Mystery. Follow this link between them, reach out to the Divine with a prayer. Just be with your Soul for a moment enjoying the expansion and higher frequency. What is your Soul's longing today?

Feathers have been used in energy cleansing and healing rituals since prehistoric times. Bird feathers are considered an element connecting sky and spiritual world to Mother Earth. If you find a feather, check the bird and its soul message. This is how Mother Earth and spirits talk to us.



Wheel of Wellbeing Centre

Where all Directions meet. From your heart imagine connecting to all four directions around you, to everything that is below and above you. Fill yourself with gratitude for all that surrounds you, and as you breathe out – send blessings to your life right now, to the past, present and future self; to your material world, to your health, to your family, to your soul and spirit. Gratitude and prayer open the flow in the Now.

Rattles have been a part of the majority of ancient cultures. Many modern people had rattles in our toy boxes. Rattles are still a valid musical instrument. Shamans use rattles for communication with spirits from all directions, and they are sometimes considered a voice of spirits.





Wheel of Wellbeing Blue Line

You are not in it alone. Lean back into the loving hands of the Divine. Pause. If you are in need of support, imagine turning to face this Being that is outside of the daily rush for better, stronger, more. Imagine taking her hands, putting your head on her shoulder and receive her embrace. Just breathe. Nothing to do, nowhere to be. You are held.

Amulets are used to protect and give power. Sun horse amulet found in Latgale, Latvia around 8th-12th centuries. Used as amulet for protection and well-being, giving freedom and wild power.



Wheel of Homecoming West

Ancestral Lands. In the West of this Wheel are all those who stand behind and the places they belong to. Some say every eight years one needs to visit the Land of their Father. Which Land could you honour today? Where could you send a little prayer and blessings?

Lands can change, cities can rise. In most cases coastlines are very permanent through ages. Oceans, sea, lakes, rivers are primary marks on maps. Your ancestors have seen almost the same sight.



Wheel of Homecoming South

Where you are right now. Where do you feel at home? What does it mean for you? If you can, make a little offering to the Ancestors of the Land you live in now, whether these are your direct ancestors, or all those who lived here before you. Open your heart to include the non-human ancestors too, those who were on this Land before humans arrived.

It is your garden, park, nearest forest. You are now responsible for passing it to future generations. Now and here.



Wheel of Homecoming East



Future Lands. Whenever you plan a trip or moving homes, or countries, remember the Land where you go. Ask It to be kind to you, to smile at you with a blessing as you walk Its paths and engage with its people. Honour Its Ancestors.

Mountains were here before us and will stay long after us. We have to respect them and adjust to their environment, their climate and living circumstances. Learn them before trying to change.



Wheel of Homecoming North

Spiritual Home. Take a breath, go within, hear your heartbeat – this is Home for this lifetime – yourself. For your Spirit this is a temporary home, although a very comfortable and sweet one, at some point time will come to go Home – where Spirit really belongs. Until then make the best out of this one.

Our body is continuation of nature. We are a part of the living organism named Mother Earth. We can't exist here in this world without it and being isolated. How do you connect your Spiritual Home and Current Home - Body and Earth?



Wheel of Homecoming Centre

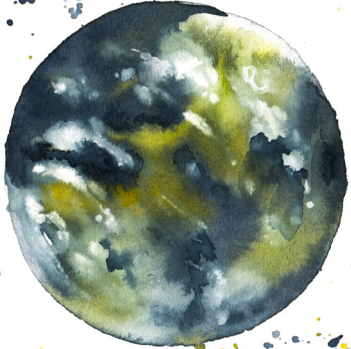


Take a deep breath, imagine a flow of Love coming your way from the back, from the Ancient ones; breathe it in, and as you breathe out share this blessing with everything that is around you now, with your life; and with the next breath, share it with everything that is still to come – generations, places, events. Receive as a Child of your lineage and pass it on as an Ancestor for future lineages.

A river is ever changing and the same flow. Listen to its whispers or loud voice today. It brings you messages from the past and carries your messages to the future.



Wheel of Homecoming Blue Line



Today bring your attention to our Planet. To the Home of humankind and non-human-kind. Imagine that every step you take today leaves a blessing to the Planet. Connect with its grounding presence, cycle of seasons, power to rebirth. She is always there for you, under your feet. You are held.

Zoom out to see its beauty and impressiveness yet a tiny part of the Universe. What can you do for it today?



Wheel of Resources East

You are showered with blessings by the World. Tune in and see what five resources you have received already in your life – be it a good education, job, amazing skills set, etc. What could you be grateful for already, and what is still needed?

Wild flowers are part of Nature's resources that we can enjoy and have a relationship with. Learn their healing power, make some good tea and enjoy simple richness of life.



Wheel of Resources South

Who in you your community, in your family are your main resources, who supports you even in the most invisible ways? Who has your best interest in mind even if not showing it well? Connect to their intention, feel the good will flowing your way and supporting your every step. Sometimes the shortest of text messages could make your day and bring strength.

Wild berries grow in forests every year as a gift. Birds, animals and humans all share in it. Sharing gifts together strengthens our relationships.



Wheel of Resources West

Imagine your body being a radio receiver – it collects all possible information from its environment, processes it and transforms it into strength or stress. It is constantly communicating with you through its sensations, feelings and intuition. Learn to listen to it and navigating this world will be much easier and much more fun. What does your body tell you right now?

Grass reacts to the smallest change in wind, each plant communicates with other, touches each other creating fabulous and synchronous movement like a dance. Human body is very alike. The art is to turn its movement into elegant coordinated dance through life.



Wheel of Resources

North

Is there a spiritual practice you follow? Do you have regular routine to feed your soul? Resources for our spirit, for our soul, for our heart are a vital ingredient to feel supported, strong and connected to your power. Talk to your Soul today. Talk to your Angel today. Talk to the Great Mystery today. They are always here, they are always listening.

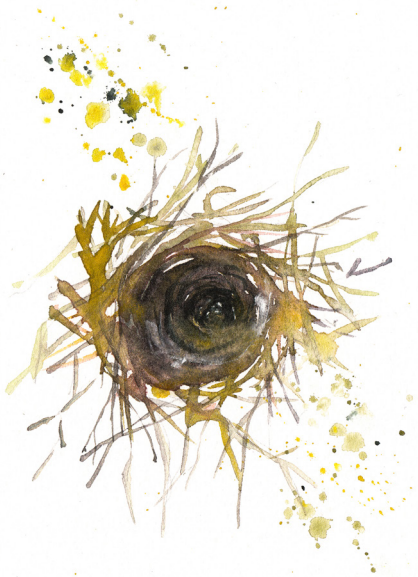
Forget-me-nots grow to remind, to help remember. We have this wisdom within us. We just have to remember.



Wheel of Resources Centre

What do you feel when you are in your full power? When everything is balanced and aligned how do you experience it? It is good to know your benchmark to catch when you are losing this balance, to call in more resources as soon as they are needed.

Oak is a symbol of strength, power and endurance. Its acorns are a beautiful beginning of this majestic tree. It has all the power necessary. Yet it needs some autonomy and space to grow really big.



Wheel of Resources

Blue Line

Abundance and support are here. All possible resources of the Universe are here. Here is also rest from any needs and wants. A place of pure Love. A break from the chase for resources. Breathe in, breathe out. You are held.

Nests are built in places where it is the safest, where everything necessary is nearby and enough.

About the Team

Greetings, my name is Aleksandra and I am a London based systemic ritual and family constellations facilitator, shamanic practitioner and founder of Modern Ancestral Practice. After I left my previous story of trained lawyer working in a charity sector, now my life passion is working with ancestors, human and non-human, creating rituals for all occasions and finding creative ways to be in this world. I hope you enjoy these cards and if you have questions about ritual, Wheel, Directions and would like to know more here is where you can find me:
Website: asconstellations.co.uk Facebook: A.S. Systemic Family Constellations and Ritual Instagram: [as_livingtheflow](https://www.instagram.com/as_livingtheflow)

Hi, I am Agnese born and living in Baltics by the Baltic sea. We have been living very pagan and nature connected lifestyle for ages to stand against all conquers and intruders - physical, political and also ideological and religious. Being connected to nature and being taught to meditate in early age I found shamanic journeying a natural state of being. Life brought us together with Aleksandra and when I verbalised my dream to illustrate a deck of cards I knew whom to contact. Drawing this deck brought me to deeper research of universal shamanism and connecting it with my existing knowledge. I am grateful for this journey that has changed my everyday life and brought me to paintmaking - we make watercolors from natural pigments. The wheel of Homecoming were painted by them. You can follow my artistic journey on instagram: [agnesealjena](https://www.instagram.com/agnesealjena), [paintmaking: deepdeelight_watercolors](https://www.instagram.com/deepdeelight_watercolors)