



Two Wolves

An old Cherokee is teaching his grandson about life.

"A fight is going on inside me," he said to the boy. "It is a terrible fight between two wolves. One is evil-filled with anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

"The other is good - filled with joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith."

"This same fight is going on inside you - and inside every other person"

The grandson thought about it for a minute and then asked, "Which wolf will win?"

The old Cherokee replied, "The one you feed."

Wolf Medicine

Indigenous cultures refer to medicine as the essence of the person, place or thing. In our terms it is the essence of being a spiritual, physical, mental and emotional being. Wolf medicine is about the essence of wolf spirit. Wolves are very ritualistic—in as many ways as humans. They live by carefully defined rules. There are specific territories that are sacred. Their social behavior is based upon a hierarchical structure. Each has its place and function within it.

The wolf teaches you to know who you are and to develop strength, confidence, and surety in that so that you do not have to demonstrate and prove yourself to all.

Wolves have a complex communication system, using body language. If you have difficulty conveying your moods and ideas to others, wolf will teach you how to empower your verbal communications with appropriate body language.

Every member of the pack knows its position in relationship to everyone else within that pack. The ritualistic behaviors that establish the wolf ranks are part of its magic. Wolf packs are not entirely autocratic. Neither are they democratic. There are times when both occur, and it is this flexibility which adds to the success of wolf government. Wolf can teach the lesson of proper governorship—a balance between authority and democracy. Wolf can teach you how to use ritual to establish order and harmony within your own life. Wolf helps us to understand that true freedom requires discipline.

Wolf Medicine Initiation

The Wolf Medicine workshop is an initiation—a birthing process to more fully be who you are within the world. The focus is to discover the innate healing presence within yourself that have not been allowed to be seen or heard, let alone to mature as part of who you are. We will nurture those parts so as to begin to create a more centered and balanced life. Our intent is to create the sacred space that will enable you to fully birth who you are, shedding the parts that no longer serve the fullness of your presence. Each person will be given the opportunity to be initiated into the wolf medicine.

We will experience

Wolf Medicine will build a community amongst nature. We will experience the healing of reconnecting to the earth by living in harmony with nature. We will experience a purification sweat lodge to enable each man or woman to shed old skins of being in the world. We will experience sacred space, where we will go into our self made den of darkness to enable the birth of our deeper self. We will experience being fully present with ourselves and with others so that we can make meaningful contact instead of talk at each other. We will experience talking circles to explore what it means to be a mature adult. We will experience the formation of a community and what it means to be a member of one. We will explore what it means to become a member of a community. We will explore what it means to be a man and a woman.

We Will Meet

The initiation is designed as an eight day intensive, experience amongst a natural setting. We will invoke the initiation the first day. For the next six consecutive days, we will explore wolf medicine through stories, journeys, a sweat lodge, and visioning. The final day we will complete the initiation and begin the process to return to the worlds from which we came.

Who Should Come

This is an advanced workshop designed for those people looking for the next step in their personal and shamanic development. The workshop is designed for people with extensive shamanic journey work through workshops or drum circles. It is preferred that one or more advanced workshops with Herb Stevenson be done prior to this Initiation.

Your Investment

The fee for the **Wolf Medicine** program is \$1800. If the full amount is paid by February 15th of the program year, there is a \$200 discount, so that the program cost will be \$1600.

In addition, there is a \$300 charge for materials that include a wolf skin and other materials that will become a wolf medicine bundle you will make to take home with you.

There is a non-refundable \$200 application fee for the Wolf Medicine Initiation Program. It will be applied to the program fee. See application for details. Checks should be made payable to: **Herb Stevenson**. Payment plans are available, but must be arranged prior to the start of the program. No discounts for payment plans.

Call

If you have questions at any time, please contact us at 440/247-2673 or OneHorseStanding@aol.com.

Some Thoughts to Guide Our Way

Walk firmly in your own shoes, it is who you are.

Fate is not what happens to us; it's who we are----if we are true to ourselves.

To keep the world from closing in on you, do one thing every day that scares you.

*"One must still have chaos in oneself to be able to give birth to a dancing star"----
Nietzsche*

Sacred Space Holder

Herb "One White Horse Standing" Stevenson has bridged the worlds of business and

www.OneWhiteHorseStanding.com

spiritual healing. He has been a banker, a management consultant and an indigenous teacher. He has published 26 books and is listed in Who's Who in Finance & Industry and Who's Who in American Law. He is the founder of the Medicine of Men program. Go to www.medicineofmen.com. He maintains a practice in executive coaching.

As part of his efforts to reclaim his Native American Indian heritage (Shawnee and Cherokee), he has been exploring indigenous healing practices for over ten years. He provides workshops around the country upon request. Go to www.onewhitehorsestanding.com. Herb develops ceremonial and healing wands, scepters, and staffs as part of his spiritual practice.

Herb has a Master's degree in Psychology with a diversity specialization. He is on the graduate faculty at Cleveland State University and post graduate faculty at the Gestalt Institute of Cleveland, where he teaches in six programs..

Websites:

<http://www.medicineofmen.com> and <http://www.onewhitehorsestanding.com>

Schedule for Annual Initiations

- [] May 1-8, 2004
- [] May 7-14, 2005
- [] May 6-13, -2006

Some items you will need

For Personal Care: We will be living amongst nature. Hence, you will need to bring a sleeping bag, ground cloth and/or heat blanket (red and silver), and a ground pad. You will need to bring rain gear as we will meet rain or shine or snow or sleet. You will need to bring clothing appropriate to being outside. Hiking boots would be appropriate. Flash lights, a knife with a three-inch or larger blade, washable eating utensils, including plate/bowl, cup, knife, fork and spoon. You will need to bring soap and shaving gear as desired. Be mindful that the walking path to camp is rough terrain.

For Sustenance: Each person needs to bring 3 to 5 gallons of water. Also, we will provide some food, however each person needs to bring non-perishable food for snacks that can be eaten without cooking, such as dried fruits, nuts, jerky, protein or granola bars, etc. This food will be commingled into a community pantry.

For Comfort: Please bring any rocks or crystals that want to come along. A medicine blanket is needed to take into your den, as well as any comforts for sitting in circle, such as camping chairs, back supports, blankets, pillows, etc.

For remembrance: A journal notebook is encouraged.

For the Altar: Bring any healing tools that you use on a regular basis that you want to carry the wolf medicine. Family pictures or other things can be supportive. Images of spiritual warriors, wolves, idols, important people can be useful.

Wolf Medicine Deep Masculine—Being

Showing up and being present without preconceived notions, while having the Ability to Take Action and Enforce Boundaries

Spirit of the Wolf—The Mature Masculine

*Accepts responsibility and gets the job done
Focused and determined
Not easily diverted
Knows his/her skills and is disciplined in using them
Direct, factual communicator
Honors and enforces his/her own boundaries
Honors the boundaries of others
Strong sense of loyalty and duty
Can cut his/her losses and move on without dwelling on the past
Able to work through adversity or failures in accomplishing a goal
Here-and-now oriented
Puts theory into practice
Determined, focused, dependable
Willing to take appropriate risks
Acknowledges and is clean about expressing his/her anger
Values physical conditioning and health.*

Shadow of the Wolf—Hidden Masculine—Victim

*Will do anything to avoid conflict situations or doing "the hard thing"
Tends to procrastinate
Tends to avoid any form of conflict or aggression
Believes that whatever he/she does will go wrong
Tells people what they want to hear versus what he/she really feels
Has a hard time saying "No" to others' requests
Tends to get overcommitted
Tends to be ineffective in most efforts
Tends to be undisciplined and unprepared
May dabble in a number of projects, but has a hard time seeing them through to completion
Tends to run away during times of crisis.*

Phantom of the Wolf—Overused Masculine—Hero

*Expects perfect performance from himself/herself
Expects perfection from others
Obsessive task orientation
Has to win
Defiant or stubborn
Challenges or ignores others' boundaries
Not open to direction, criticism or advice
Cannot tolerate incompetent or weak people
Short or volatile temper
Rebels against authority
May tend to humiliate or violate others
Tends to look for a fight
Perfectionist, extremist
Sadist or masochist
May become irrational or rageful
Tends to work until he/she burns out.*

Wolf Medicine Initiation

Name: _____

Address _____

City _____ State _____ Zip Code _____

Telephone _____ E-mail _____

Fax _____ E-mail _____

Commitment

I understand and accept that:

- I am responsible for showing up for each week-end, physically and otherwise.
- I am responsible for fulfillment of the financial obligations of this program including tuition fees and all personal expenses, including supply and equipment purchases and travel expenses.
- I am responsible for acquiring and bringing the necessary supplies and equipment for each week-end.
- I am responsible for taking care of myself as an active member of the community.

Financial Responsibility

I've enclosed the \$200 application fee. I will pay the additional amount of \$1400 for a total of \$1600 by February 15, of the program year. I understand that if I pay the balance due after February 15 of the program year, the balance due is **\$1600** for a **total of \$1800**.

I've enclosed the \$300 materials fee.

Scheduled Dates

I understand the program will be provided annually over the following dates unless advised otherwise. Check the program year you will be participating:

May 1-8, 2004

May 7-14, 2005

May 6-13, -2006

Payment Plan

I am interested in a payment plan. I will contact the program to make arrangements. No discounts are applicable for payment plans.

No refunds are rendered for cancellation within one month prior to the program startup.

Signature _____

Date _____

Mail Application and Payments

Herb Stevenson
3750 Chagrin River Road
Chagrin Falls, Ohio 44022-1130

Spirit of Wolf

Keynotes: Guardianship, Ritual, Loyalty, and Spirit
Cycle of power: Year round, full moons and twilights.

Contrary to public perceptions, they are friendly, social, and highly intelligent. Their sense of family is strong and loyal, and they live by carefully defined rules and rituals. They are the epitome of the wild spirit. Their positive characteristics are so numerous that it is no wonder that Native Americans nearly deify them. Many believe the true test of America's sincerity about protecting the environment will revolve around whether or not the wolf remains protected and is allowed to be reintroduced into areas of the country where it has heretofore been eliminated. The wolf is the true spirit of the free and unspoiled wilderness.

Wolves have a complex system of vocal communications. They howl, whimper, whine, growl, and even bark. Even the howls for which they are famous have a variety of meanings. The howls may serve as a signal to call others of the pack or to locate the other members. They may be a social expression. They are used to greet one another and to define certain territories. They even howl just for the joy of it.

The alpha male and female often mate for life. Breeding season is usually in late winter, with the female birthing about two months later. All members of the pack show great care and affection toward the playful pups. They are extremely tolerant. If a mother or father is unable to care for them, then another member will adopt the young. Some wolves will even serve as babysitters. Adult wolves are friendly and amiable towards pups, and wolf medicine teaches respect and honor for family and for children. Wolves become sexually mature at about the age of 22-24 months. For those who have a wolf totem, look for its energies and influence in your life to take this same possible time pattern.

Wolves usually consume all that they capture, gorging themselves. For those with wolf totems, this can indicate a need to make use of all that is available to you. Sometimes wolf totems show up to remind us not to waste, as much as to keep our spirits alive.

It has extreme intelligence. It goes out of its way to avoid trouble or danger. Some believe that wolves even use Raven as an aerial spotter for possible food sources. The raven has a connection to the moose in Eskimo lore, and since Moose can be a prey of wolves, raven is linked to them as well. Ravens will often follow wolves. They will fly ahead, land in a tree and wait for the wolves to pass, and then fly on again. A playful behavior is sometimes displayed between wolves and ravens. Ravens should also be studied by those with wolf totems.

Wolves have extremely keen senses, particularly that of smell. It is said to be one hundred times greater than that of humans. The sense of smell endows it with great discrimination, and the sense of smell has often been associated with spiritual idealism in metaphysical circles.

The wolf also has an excellent hearing sensitivity. Its hunting depends strongly upon its sense of smell and hearing. This would be a reminder to those with this totem to listen to their own inner thoughts and words. The intuition will be strong.

The wolf has a capacity for making quick and firm emotional attachments. Learning to trust your own insights and to secure your attachments accordingly is part of what wolf medicine teaches. The wolf can help you to hear the inner and guard you from inappropriate actions. It will guard you as it teaches you—sometimes strongly, sometimes gently—but always with love. When wolf shows up, it is time to breathe new life into your life rituals. Find a new path, take a new journey, take control of your life. You are the governor of your life. You create it and direct it. Do so with harmony and discipline, and then you will know the true spirit of freedom.

Ted Andrews, Animal Speak