



EARTH AND SPIRIT MEDICINE

Personal 'Medicine Will' Workbook



Overview & Purpose

Earth and Spirit Medicine is based upon a core set of Universal laws and principles. These laws and principles when applied and obeyed, will assist you in experiencing the highest and best of both happiness and health on new and astounding levels. You will be able to practice on a daily basis the principles that create a balanced and prioritized lifestyle with your new workbook. You get to personalize and revise as often as you wish. With the Wet Erase Method, you can continually change the content as you grow and progress.

Objectives

1. **Restore** yourself physically, mentally, emotionally and spiritually.
2. **Result** yourself by aligning your thoughts, words, feelings and actions.
3. **Relate** to your environment and others with cooperation, honor, respect and trust.
4. **Resource** your water, shelter, fire and food with stewardship.

Materials Needed

- _____ 1. 3 ring binder
- _____ 2. Wet erase marker (med or fine tip).
- _____ 3. Sheet protectors.



Statements of Being

Self-Mastery

"Self-Mastery is the art of being totally accountable. It is the inner focus and moment-to-moment disciplining of the only four things that I have any control over; my thoughts, my words, my feelings and my actions. I have no control over anything outside of myself. It is through the constant moment-to-moment practicing of whatever I desire to become mastered in that I actually begin living and radiating the result. Whatever I practice over and over, whether positive or negative, I will truly begin to master. I better be willing to accept every single result that comes from every single choice or non-choice that I make. I believe that my current reality is the sum results of every single choice or non-choice I have ever made. Therefore, I am in control of my destiny and my life is exactly as I create it." ~Winfield Ivers~

Certainty

"I make my decisions based upon principles of truth. I create firm foundations for myself and I am at peace knowing that I choose my beliefs. I trust God and the processes of life completely. I trust myself completely to render the results of a happy and healthy life. I handle all my experiences calmly and with wisdom and love. I bend like the willow, and flow like the river, and I am always in a state of readiness." ~Winfield Ivers~

Creation

"I am so thankful for the gift of creation. I am able to create and produce miraculous results. As I think I create. My thoughts will produce the very thing which I image by my thought. I can think things into my life that I have so much appreciation for. I can think things into my life by simply impressing my thoughts upon this formless substance which causes what I think about to be created." ~Winfield Ivers~

Soul Surrender

"I surrender my body to my mind, and I surrender my mind to my soul and I surrender my soul to the guidance of God. I am a divine being of limitless power and I will obey my soul." ~Wallace D. Wattles~.

Divine Mind

"There is one mind, and I am that mind. That mind is eternal, and it is life. I am that mind, and I am eternal life. That Mind knows no disease; I am that mind, and I am health. That mind is the source of all power, and cannot know doubt nor fear; I am that mind, and I am power and peace. That mind knows only truth and knows all truth; I am that mind, and I am knowledge and wisdom. All things created and un-created, are in that mind; I am that mind, and I am wealth and plenty. I am the way, and the truth, and the life; the light in me shines out to bless this world."

~Wallace Wattles~



Wilderness Survival Essentials

PREPARING & TRAINING: Always be in a state of readiness

- Physically - Fuel your body on the inside and on the outside
- Mentally - Train your mind to think the way you need it to
- Emotionally - Create feelings that support your desired results
- Spiritually - Trust your instincts - Listen & Obey

STOP & FIRST AID: Always stop when you feel lost or stranded

- **S**top-Find a safe place to sit and relax, get your bearings and deal with any necessary first aid
- **T**hink-Calmly and rationally think about a healthy outcome, healthy possibilities and healthy solutions
- **O**bserve-Your Thoughts, Words, Feelings, Actions, your surroundings, your circumstances, and your resources
- **P**lan-A safe and effective course of action

MENTAL CLARITY & FOCUS: Always remain fact based and solution oriented

- Thoughts - Think of that which is factual and possible solutions
- Words - Speak the language of I am - The language of certainty
- Feelings - Producing feelings of Calmness and Certainty
- Actions - Productive and effective

NAVIGATION & SIGNALING: Always know where you're going

- Terrain - Know where you're at and where you're going
- Landmarks - Know how to navigate without map and compass
- Instincts - Know how to trust your internal compass
- Codes - V=Need help, X=Need medical help, N= No or negative, Y=Yes or affirmative, >=Going this way



Wilderness Survival Essentials

WATER QUESTING: Always stay hydrated and aware

- Location – What indicators or signs do I look for?
- Filtration – What can I use to filter water?
- Purification – Giardia or dehydration? A choice?
- Conservation – In your belly or your canteen?

SHELTER SOLUTIONS: Always stay protected from the harsh elements

- Types – Natural (caves, wickiups, etc.) Modern (tents, tarps, trash bags, etc.)
- Location - 200' from water source – in safe area
- Creation – Utilizing surrounding debris and foliage
- Insulation – Keep yourself off the barren ground

FIRE CREATION: Always stay warm and dry

- Necessity – Do you need fire
- Location – Keep it safe and small
- Techniques – Matches/lighters, flint/steel, bow/drill, and many more
- Uses - Tools, companionship, cooking, warmth, are some common uses

FOOD GATHERING: Always stay calm and nourished

- Psychology – You think you want it yet you don't need it
- Plants – Know common plants for food and medicine
- Traps – Figure four, Paiute deadfall, and other methods
- Necessity- No water = No food



Balanced & Prioritized Medicine Will

Restore:

Physical: _____

Restore:

Mental: _____

Restore:

Emotional: _____

Restore:

Spiritual: _____



Balanced & Prioritized Medicine Will

Result:

Thoughts: _____

Result:

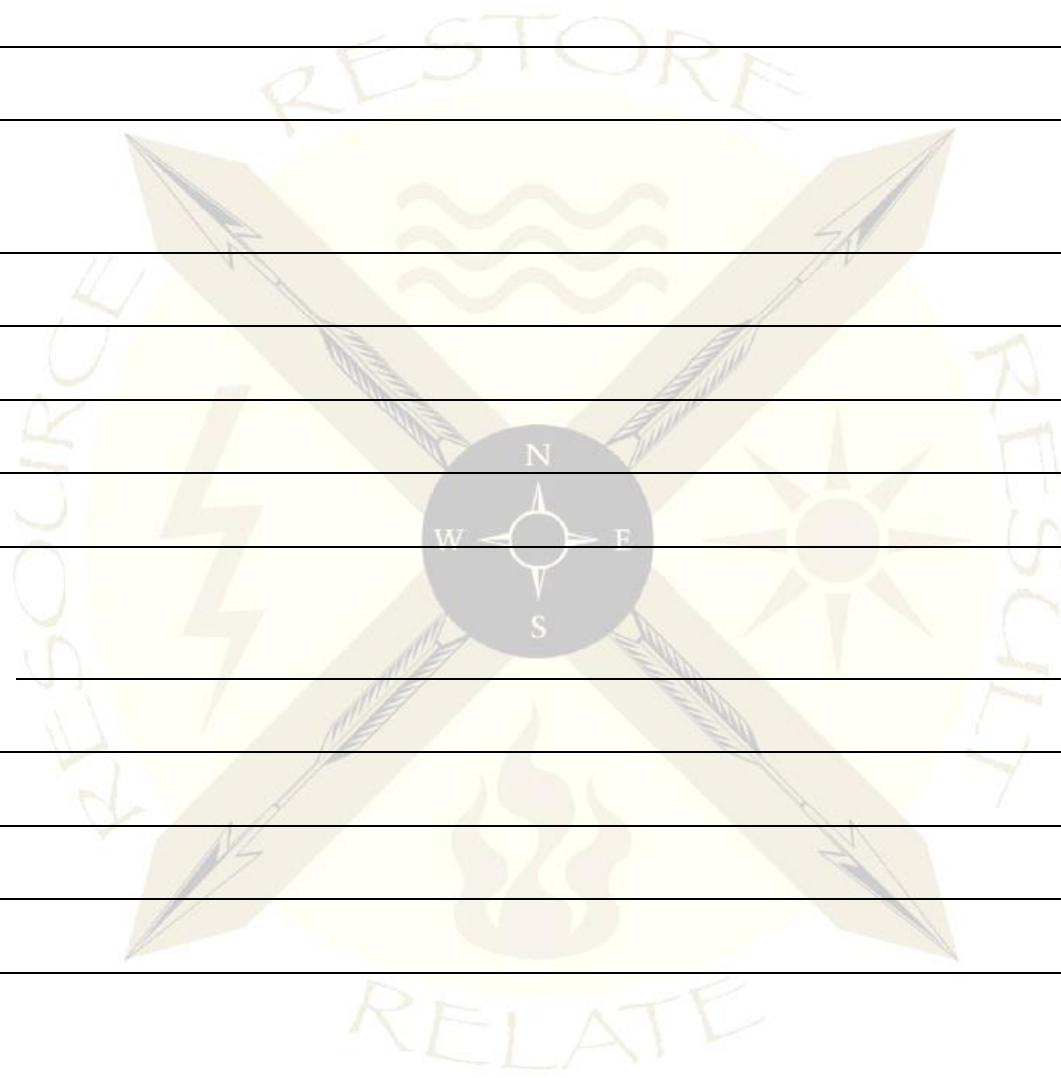
Words: _____

Result:

Feelings: _____

Result:

Actions: _____





Balanced & Prioritized Medicine Will

Relate:

Cooperation: _____

Relate:

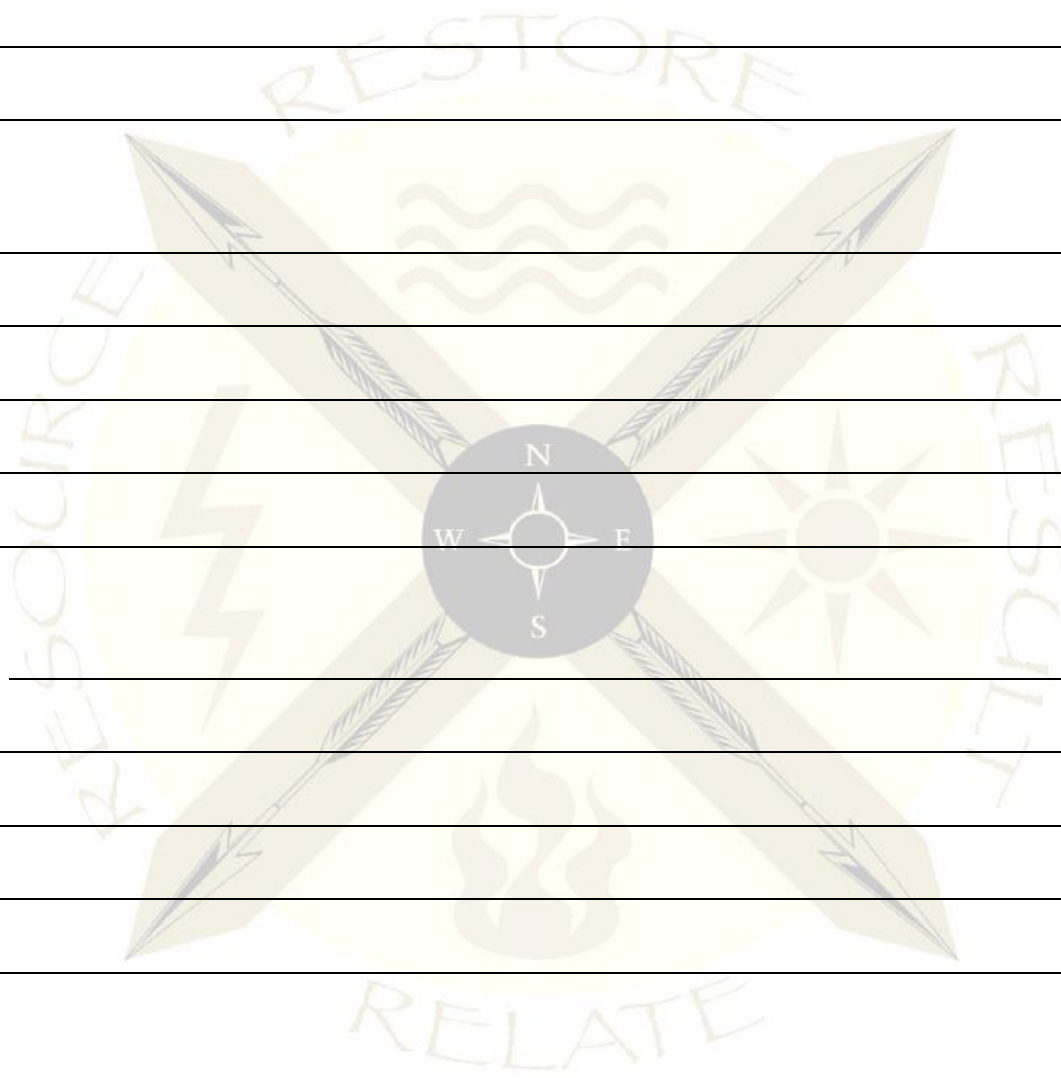
Honor: _____

Relate:

Respect: _____

Relate:

Trust: _____





Balanced & Prioritized Medicine Will

Resource:

Water: _____

Resource:

Shelter: _____

Resource:

Fire: _____

Resource:

Food: _____



I AM...  **The Language of 'I AM'**

10 Things for which I am grateful:

1) _____

2) _____

3) _____

4) _____

5) _____



I AM...  **The Language of 'I AM'**

10 Things for which I am grateful:

6) _____

7) _____

8) _____

9) _____

10) _____



I AM...  **The Language of 'I AM'**

10 Things I love about myself:

1) _____

2) _____

3) _____

4) _____

5) _____



I AM...  The Language of 'I AM'

10 Things I love about myself:

6) _____

7) _____

8) _____

9) _____

10) _____
