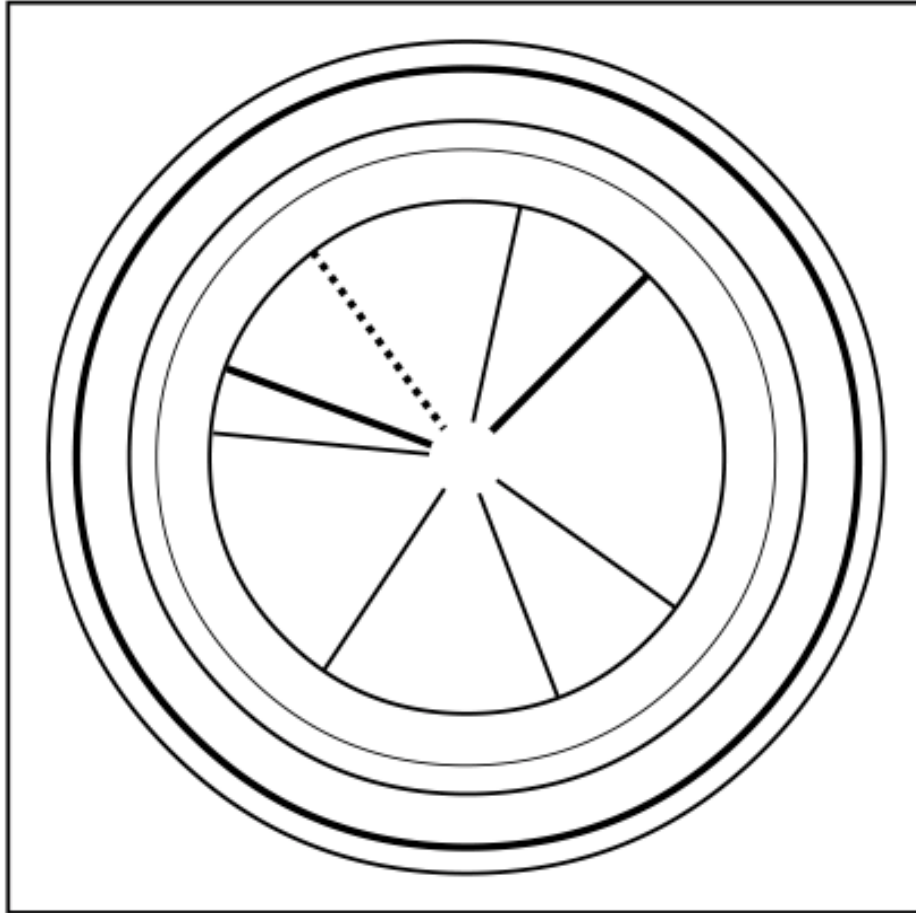


Snake Sheds its Skin

The snake renews itself periodically
by shedding its skin, revealing
a new and more vibrant version of itself.



Like the snake, you have transcended
the limitations of who you thought you were.

Your appearance no longer suits you.

Peel away the mask that hides your beauty.

Honor the old
Celebrate the new.

Interview with a Snake

Rheanni Lightwater: Ms. Snake?

S. Snake: Yesss?

RL: Many people are afraid of snakes and yet you are so graceful. I remember seeing a snake charmer who got a snake to dance. Can you tell me how that happens?

SS: Certainly. We just let the music flow through us. Isn't that what you do when you listen to music?

RL: Sometimes, if I like it.

SS: Let me show you a special trick. Put your hand up in the air as if your arm is a snake and just let your arms flow with some music.

RL: Like this?

SS: That's right. Now, start to move that hand around in a spiral. Keep going. Very nice. Up and down and all around.

RL: That's pretty cool!

SS: Yes, very. And when you move like that you are actually releasing tension and fear out of your body. Remember that the next time you're afraid.

RL: Wow - snakes are amazing! They make us scared and show us how to let go of being scared at the same time.

SS: That is pretty amazing, now that you mention it.

RL: You know, I have a terrible fear of the dark, do you know anything that could help that?

SS: This is what I do. During the day when Father Sun is at his fullest, I lay out and soak up as much light as I can. Then when it gets dark, I curl up and think to myself, "the dark can't hurt me because I am filled with light from Father Sun."

RL: But how does that help?

SS: It helps by keeping me warm and safe inside. Try it. It will surprise you.

RL: I don't know. A wise woman once told me to avoid the noonday sun, because that's when I could get sunburned.

SS: Perhaps that is so. We differ in many ways. Perhaps you can try it in the morning, just after Father Sun rises or in the afternoon before he sets. Just remember to thank him for his life giving rays.

RL: Okay. I'll remember. Thanks.

SS: You are sso very welcome.

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Ask your own questions and gain insights into an issue that concerns you:

1. What am I really afraid of?
2. What could help me stop being so afraid?"
3. What would bring more light into my life today?

Parents and Teachers - here's how to use the totem with your kids:

This rainforest medicine is especially helpful when you or your kids are afraid or having difficulty letting go of the past.

Read the poem and interview with the totem while your kids are looking at the circle itself. It's not important that they make anything of the design or figure anything out. The image is providing structural support in the brain and nervous system for the contents of the message. Just let them take it in and see what happens. There is no right or wrong way to respond to an Intuitive Learning Circle.

You may notice that the mood or atmosphere in the room changes or your kids might comment that the lines move, rotate, pulsate or change colors. That just means that their powers of creativity and common sense are being stimulated. This is all part of the experience, so just encourage them to stay open and follow their imagination.

Once you have finished, allow the energy to settle and then you can talk about the material, color the graph, or make up games.

Physical movement is encouraged to help the kids assimilate what they've learned, so they might pretend to be the mosquito. Mrs. Yamauchi's class makes up little skits and paints the animals. They even have someone be the animal for the day to see if they can emulate its attitudes and behaviors. The possibilities are many, so have fun!

About the Author:

Rheanni Lightwater is a Reiki Master/Teacher and Feng Shui consultant who lives in Albuquerque, New Mexico. The Intuitive Learning Circles and their messages came to her as a result of a journey to the Amazon in the spring of 2001 and are intended to share the teaching she received from the plants and animals. By using the medicine that comes from the plant, animal and nature spirits, we can learn how we can heal our relationship with the earth and each other. If you would like to know more about the Intuitive Learning Circles, call (505) 271-4612 or go to www.IntuitiveLearningCircle.com