

## Bear Prophecy - Sacred Box

Air	Smell	Nose	Mind	North
Fire	Sight	Eye	Spirit	East
Water	Taste	Mouth	Emotion	South
Earth	Touch	Body	Physical	West
Ether	Hearing	Ears	Soul	Center

Inner Direction      Spirit - Kundalini

Above      3rd Eye - Clairvoyance

Go Outside into Nature:      ~15 min in the morning  
    ~Bare feet - stand in the dirt  
    ~Hold the Sacred Box and bring teachings into yourself  
    ~15 min at dusk  
    ~Journal your findings!