

NOTE I asked Great Spirit to guide my hand on behalf of the group. I asked the following questions regarding the current energies and working with the **Saturn/Uranus Opposition ...**

- What Medicine do we need to integrate for maximum benefit of SATURN in VIRGO?
- **ANSWER: ELK ~ 3 ~ STAMINA**
- What Medicine do we need to integrate for maximum benefit of URANUS in PISCES?
- **ANSWER: DOLPHIN ~ 40 ~ MANNA**
- What Medicine do we need for BALANCE & INTEGRATION of the two?
- **ANSWER: BUFFALO ~ 19 ~ PRAYER & ABUNDANCE**

BELOW ARE THE ANSWERS SPIRIT GAVE ...

The Medicine Cards ~ [The Medicine Cards](#)

by Jamie Sams & David Carson

- What Medicine do we need to integrate for maximum benefit of SATURN in VIRGO?
- **ANSWER: ELK ~ 3 ~ STAMINA**

Elk (#3) ~ Stamina

"Elk wandered through the forest looking for a partner. The mating season was in full swing, and the bucks that usually traveled with the other males had dispersed to find mates for the season. As Elk bellowed his mating call through the forest, his bugling alerted Mountain Lion that a feast could be in the making.

Mountain Lion circled Elk, getting closer to his prey moment by moment. Elk sensed the impending danger when the forest grew suddenly silent. He broke for the high country when he spotted his pursuer, but Mountain Lion was far behind. As Elk made a running leap for the timberline, Mountain Lion gained on him, but Elk continued to run onward, displaying tremendous stamina. Finally Mountain Lion gave up, having spent his energy in spurts as he tried to jump over boulders to reach Elk. Elk paced himself, making headway as he climbed skyward toward the high country. Elk had no other defense except his ability to go the distance, setting a pace that allowed him to utilize his stamina and energy to the fullest.

Elk medicine teaches that pacing yourself will increase your stamina. Elk medicine people may not be the first ones to arrive at a goal, but they always arrive without getting burned out. If you have taken on too much recently, it might be a good idea to look at how you plan to finish what you have started without ending up in the hospital.

Elk have a curious kind of warrior energy because, except at mating time, they honor the company of their own gender. They can call on the medicine of brotherhood or sisterhood. In discovering the strength which is gained from loving the gender that is your own, you will feel the comradeship that arises from similarity of experience. This is a special medicine that allows the friendship of others of your same sex to overcome potential competition or jealousy.

If you have picked Elk medicine, you may be telling yourself to seek the company of your own gender for a while. You may need a support group to realign yourself with the stamina of the warrior/warrior energy that you are a part of. This communication with others of your own sex allows you to air your feelings in safety and to get feedback from others who have had the same experiences. You may need a new sense of community - communication in unity.

Elk could also be telling you to look at how you are holding up physically to the stresses in your life, and to pace yourself so that you maintain an equilibrium of energy over the distance you plan to cover. Vitamins or high-energy foods may be one solution, along with some personal quiet time for replenishment.

CONTRARY: If you are operating from Shadow ...

If Elk has appeared in the reverse position, you may be stretching the rubber band to the breaking point. Be careful of undue stress levels, or you might just create an illness to force you to take a break.

On another level, you may not be honoring your desire for companionship with the opposite sex, and you may have forgotten the excitement of mating season. If this is the case, you may find that your best option is to invite friends of the opposite sex for dinner or an afternoon outing. This is not to say that you would be sexually interested in these friends; it is merely suggesting that the exchange of opposite energies could be rewarding.

If you are in a relationship, it may be that the honeymoon is waning and that you need to stir up some excitement. Persistently creating a "change of pace" is the kind of stamina needed for any relationship to last.

In all cases, Elk is telling you to look at how you choose to create your present pathway, and how you intend to perpetuate it to reach your goal. Your best weapon is the same as Elk's: to stop when you need to, to persist when you need to, and to allow room for change and exchange of energies."

• What Medicine do we need to integrate for maximum benefit of URANUS in PISCES?

• **ANSWER: DOLPHIN ~ 40 ~ MANNA**

Dolphin (#40) ~ Manna

"Dolphin speaks to us of the breath of life, the only thing that humans cannot go without for more than a few minutes. We can live without water or food for days, but oxygen is the source of our sustenance. Within the breath we encounter the rhythm of energy that all life emits. In changing the rate or rhythmic texture of our breath, we can tap into any other life-form or creature. This is a very easy

way to connect with divine energy coming from Great Spirit, as well as with your own personal rhythms.

Dolphin is the keeper of the sacred breath of life, and teaches us how to release emotions through Dolphin breath. Dolphin creates rhythm, swimming through the water and breathing before submerging, then holding its breath for the duration of underwater travel. As Dolphin comes above water again, it blows its breath out in a manner resembling the popping of a cork. We can use this same technique to pull the stopper on our tensions and create total relaxation. This is a good exercise to use before entering the silence.

Manna is life force. Manna is present in every atom, and is Great Spirit's essence. Dolphin teaches us how to use life-manna through our breath. It revitalizes each cell and organ, and breaks the limits and dimensions of physical reality so that we may enter the Dreamtime.

Dolphin was traveling the oceans one day as Grandmother Moon was weaving the patterns of the tides. Grandmother Moon asked Dolphin to learn her rhythms so that he could open his female side to her silvery light. Dolphin began to swim to the rhythm of her tide weaving, and learned to breathe in a new way. As Dolphin continued to use this new rhythm, he entered the Dreamtime. This reality was a new and different place from the seas he had known.

Dolphin came to discover underwater cities in the Dreamtime, and was given the gift of the primordial tongue. This new language was sound-language that was brought by Spider from the Great Star Nation. Dolphin learned that all communication was patterns and rhythm, and that the new aspect of communication was sound; he carries this original pattern to this day. Dolphin returned to the ocean of the Great Mother, and was very sad until Whale came by and told Dolphin that he could return to be a messenger to the Dreamtime dwellers anytime he felt the rhythm and used the breath. Dolphin was given a new job. He became the carrier of messages of our progress. The Dreamtime dwellers were curious about the children of Earth, and wanted us to grow to be at one with Great Spirit. Dolphin was to be the link.

If Dolphin has appeared to you today, frothing through the waves in your spread, you are to be a link to some solution for the Children of Earth. This can be a time when you are to link with Great Spirit and bring answers to your own questions or to those of others. In addition, this can mean a time of communication with the rhythms of nature. You are put on notice to be mindful of your body rhythms and the patterns of energy being fed to you from the Creator. Imitate Dolphin and ride the waves of laughter, spreading joy in the world. Breathe and experience the manna so freely given. Break existing barriers and connect to the Dreamtime or Great Star Nation. Know that we are all whole in the eyes of the Everliving One.

CONTRARY: If you are operating from Shadow ...

If Dolphin appears reversed, know that you are forgetting to breathe. You may be under stress, and your body may need manna. You may be starving your cells and organs no matter how many vitamins you are taking. Your natural cycles may be fouling up. Pay close attention to your health and your feelings. If you are on edge or just tense, take time to relax and breathe the life force into your muscles. Focus on releasing old breath at the bottom of your lungs and refilling your respiratory system with regenerative manna. Breathe from the diaphragm and fill the lungs to capacity. Then exhale from the chest to the belly, allowing your body to totally relax as you breathe out.

Another message of contrary Dolphin is that many signals are carried through universal tides or waves, and you may be failing to use your sonar. To detect these wave-patterns you may need to realign yourself with the natural rhythms within your body. Then it is necessary to use the Dolphin breath to connect to universal awareness and signals.

Dolphin says to dive deeply into the water, to play by the coral reefs, and to discover the beauty of the rhythm of breath."

-
- What Medicine do we need for BALANCE & INTEGRATION of the two?
 - **ANSWER: BUFFALO ~ 19 ~ PRAYER & ABUNDANCE**

Buffalo (#19) ~ Prayer & Abundance

"In the Lakota tradition it was the White Buffalo Calf Woman who brought the sacred pipe to the people and taught them to pray. The bowl of the pipe was the receptacle that held tobacco, an herb with male and female medicine. The stem of the pipe represented the male entering the female and seeding life. In the coming together of male and female, the connection to the Divine energy of Great Spirit was made. As the pipe was loaded with tobacco, every family in nature was asked to enter into the pipe and share its medicine as prayer and praise to the heavens. The smoke was considered to be visual prayer, and was very sacred and cleansing.

All animals are sacred, but in many traditions White Buffalo is the most sacred. The appearance of White Buffalo is a sign that prayers are being heard, that the sacred pipe is being honored, and that the promise of prophesy are being fulfilled. White Buffalo signals a time of abundance and plenty.

Buffalo was the major source of sustenance for the Plains Indians. It gave meat for food, hides for clothing, warm and soft buffalo robes for long winters, and hooves for glue. The medicine of Buffalo is prayer, gratitude and praise for that which has been received. Buffalo medicine is also knowing that abundance is present when all relations are honored as sacred, and when gratitude is expressed to every living part of creation.

Because of its desire to give the gifts that its body provided, and because of its willingness to be used on Earth for the highest good, before entering the hunting grounds of Spirit, Buffalo did not readily stampede and run from hunters.

To use Buffalo medicine is to smoke the pipe in a sacred manner, and to give praise for the richness of life to be shared with all races, all creatures, all nations, and all life. It means smoking for others so that their needs are met, praying for the good of all things in harmony, and accepting the Great Mystery as a part of that harmony.

If you have drawn the Buffalo card, you may be asked to use your energy in prayer. You may also be called upon to be an instrument of someone else's answer to a prayer. This could portend a time of recognizing the sacredness of every walk of life, albeit different from your own. To honor another's pathway, even if it brings you sadness, is a part of the message that Buffalo brings. This may be a time of reconnection to the meaning of life and the value of peace. Most assuredly this time will bring serenity amidst chaos if you pray in earnest for enlightenment and the power of calmness and give praise for the gifts you already have.

Buffalo medicine is a sign that you achieve nothing without the aid of the Great Spirit and that you must be humble enough to ask for that assistance and then be grateful for what you receive.

CONTRARY: If you are operating from Shadow ...

To receive Buffalo upside-down is a signal that you have forgotten to seek help when it has been needed. If your hand is closed in a fist, you cannot receive the bounty of abundance. In understanding the significance of the reversed Buffalo, you may well ask yourself.

- 1) Have I forgotten my eternal partner, the Great Spirit?
- 2) Am I pushing myself too fast in the physical world and keeping myself from seeing the importance of reunion with the Source of all life?
- 3) Have I forgotten to honor the ways of others and to afford them the same respect that I wish to receive for myself?
- 4) Am I feeling like my life is being used for the Highest good at this time?
- 5) Have I forgotten to be grateful for my life, my possessions, my talents, my abilities, my health, my family, or my friends?
- 6) Is it time to make peace with another, or to make peace with some inner conflict I have so that I may walk in balance again?

Become Buffalo. Feel the smoke of prayer and praise change your Buffalo robe to white so that you may be an answer to the prayers of the world."