

Three Ways to Find Your Medicine Name

by Deah Curry
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Taking or being given a special name has been part of the rites of passage into a spiritually aware life in many cultures and religious traditions throughout history. A

serious matter between you and Spirit, it must be done with highest integrity, as it will embody your medicine character, and catalyze events and changes you desire.

Conferred by a Medicine Person

In societies where a medicine person is a central

part of the community, one seeking a name approaches the medicine person with gifts such as tobacco and perhaps a handwoven blanket, and requests their name. The medicine person goes into a trance state in search of the name.

Journeying in the shamanic realms as long as three days, though times may vary, the medicine person returns with the name she or he has found. They may describe the role one plays in the community life of the tribe. Usually these names are kept in confidence within one's spiritual circle and not shared with outsiders.

Direct Request Via Nature Connection

A self-Spirit aligned approach tunes into the consciousness of the natural world or universal spirit with these steps:

1. Find a safe space where you will not be disturbed. Clear your mind with meditative breathing

to open your consciousness to the realities beyond the mundane physical world. Allow ego to recede and body to relax.

2. If you keep an altar, sitting there is a valuable way to work, although going to a place in nature or touching something that is part of the natural world which is sentient and meaningful to you may be preferable.

3. Ask for assistance from whatever spirit allies or sentient beings you may have connected with, or from Spirit directly.

4. Ask for the name that is yours to be presented to your consciousness. Focus on your request without expectation for an answer.

5. Accept the first name that presents itself to your awareness even if it seems like it is not a worthy enough name. Be careful to not let ego get in the way.

6. Use this name for awhile and see where it leads you. It "works" if the name helps you connect more easily or deeply with the source of your spiritual awareness and power.

You'll know it's the right name if you feel comfortable identifying yourself with it, and having others call you by this name. It may seem an almost imperceptible shift at first as the spirit world recognizes you by this new name.

Gradually it should begin to feel accurate, authentic, and natural as you use it.

If the name you perceive is not right for this period of life, or if you listened with your ego instead of with an open heart and mind when making your request, you'll probably never fully resonate with

the name, feeling odd, funny, or even like a fraud when using it. It could also mean you are not yet fully comfortable in your spiritual identity or your right to use this name. Give yourself a chance to grow into it. A name that felt like it didn't fit at first can turn out to be a name of great power.

Use Correspondences to Intuit and Choose

A third way is a blend of correspondence alchemy, confirmed by intuition. I took my first name, Chaiya, knowing that chai in Hebrew means life, and I liked that association for its connection to strong past life visions I'd had to being Jewish in 1930s Germany.

Numerologically, Chaiya is an 11, a master number, and I sought to align with its qualities. When I discovered that correspondence, I started to feel an energy tingle which is one of my personal signs of resonance, showing me that I'm on the right path.

I sat with the name for about a week, following steps similar to those outlined above. I used a pendulum and tarot readings — as extra confirmation that avoids ego attachments — to see if there were any objections from the spirit world. Getting no objections with all these validating cross-checks, I felt secure in claiming Chaiya as my first magical medicine name.

This same technique may be used to choose the name of a goddess, god, other powerful being or energy, or another name that resonates with you. It will still be wise to follow the instructions above to see if the name continues to feel right for you.

We may have many names during our lifetime.

The name you get whenever you ask is the name you should use for now, but you might not use it forever. Or, you may have it for years. As we grow, our medicine name may also change. By continuing to pay attention to the resonance of a name, we will know if it stops being current or appropriate.

It may also be that as time goes by you will feel a deepening of your understanding about what your name means to you. Sometimes this can take several months or even years to happen. Be patient and continue to meditate on the name and in time you will learn more.

It is not uncommon to have several names at once, some more public and used in community gatherings where medicine workings are central to the group. These are sometimes called "use names." Other names may be private, and used just between you and Spirit, or with a small number of others who are counted as your spiritual elders and allies. These may be called sacred or spiritual names.

However one comes to it, choosing a name is a powerful recognition of your connection to Spirit and should never be taken lightly. Meditating on the name, using it in circle work or simply in the presence of Spirit, will help you to become a more psychologically whole and spiritually authentic person.

For guidance in selecting a medicine name for personal use, send email to DrDeah@deahcurry.net or call 425-814-9083. I can help you find your correspondences or create a nature and energy based ritual for discerning your true name at this time.

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A Call From Mother Earth

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If women truly owned and acted their mission, all patriarchal systems, all top-down organizations, and all fear-based groups would end. And so, to whose advantage is it for women's sensitivity, intuition, and imagination to be discounted?

Wake up my daughters! Wake up! The old Chinese saying is correct: "When sleeping women wake, mountains will move!"

In our deeply hidden cave, we stand in an eternal circle. The essence of female mission goes out to you. Close your eyes, quiet your mind, and sink deep within until you can touch, sense, and feel our circle. Breathe and be still with us. In that stillness, nothing is impossible. Consider what this means for you. Earth needs you awake. Blessings my dearest ones.

—Mother

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