



# Wheel of Initiation: Practices for Releasing Your Inner Light

By Julie Tallard Johnson

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## Wheel of Initiation: Practices for Releasing Your Inner Light By Julie Tallard Johnson

A guide to personal spiritual initiation through the transformation of habitual patterns, apathy, and resistance

- Based on the Native American medicine wheel, the Vedic wheel, and the universal initiatory mandala
- Enables readers from any tradition to initiate themselves through practices of thought transformation, narrative medicine, meditation exercises, rituals, and journaling
- Facilitates breaking through personal and societal illusions that perpetuate resistance and apathy

Intentions and spiritual principles, meditation and contemplation, ritual, and risk-taking are the conditions that comprise an initiated life. Regrettably, in modern society we do not have rites of initiation that break through the personal and societal illusions that instill and perpetuate negative habits that keep us in states of resistance. Lacking initiation practices, we often remain trapped in ways of being in the world that were formed by our past conditions and attachments. We tend to identify too strongly with the status quo, which must be challenged to prevent stagnation and to encourage happiness and authenticity.

Julie Tallard Johnson shows how to become initiated into an authentic life through practices of thought transformation, cultivating attention, journaling, storytelling, and rituals found in the four directions of the universal mandala. She begins the Wheel of Initiation in the South, where initiates set their intentions; then moves into the West, where they free themselves from habitual patterns and core beliefs; then into the North, the direction of cultivating attention and unity; and finishes in the East, the direction of regeneration and initiation. Drawing upon the life experiences of those who have successfully navigated the wheel, Johnson demonstrates that once fears, assumptions, and ingrained beliefs are confronted and transformed, initiates emerge ready to reenter society with renewed energy and vision that will enrich their own lives and their communities.

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### Editorial Review

#### Review

“For me, entering the Wheel with Julie and our circle was the beginning of an awareness and excavation of long held beliefs. It was like having the threads of an aware life weave our own meaningful tapestry.”  
(*Jeanie Blessing, Nurse, 2009 Initiation Course*)

“Julie's journey through the Wheel of Initiation is an intelligent, artful synthesis of diverse cultures and traditions, now manifested in a written work of beautiful language and feeling. Having gone through the Initiation Course with Julie, we can say that the changes it brings about are like the shift of tectonic plates. Sign on, let go, and enjoy the Wheel's journey!” (*Michael and Angela Zolper, Doctors of Chiropractic and owners of the Cafe of Life*)

“. . . Julie Johnson guides us through setting our intentions, then letting go of our past core beliefs and habitual patterns, and on to cultivating our attention and sense of unity, and finally to a regeneration and initiation of a new view of ourselves and our relationship to each other and the world we live in.” (*Rahasya Poe, Lotus Guide, November 2010*)

“There are many books on spiritual initiation and others on the Medicine wheel, but this one I found to be well organized and extremely useful for both the newly intentioned as well as those who have been distracted, disheartened, stumbled or lost their way.” (*Jennifer Hoskins, New Dawn Magazine, January 2011*)

“In her extraordinary new book, *Wheel of Initiation*, Julie Tallard Johnson gives ancient wisdom a contemporary and relevant new voice. While so many of us today anguish over the need to ‘find ourselves,’ Johnson adeptly points out that ‘everything in nature knows what to do with its life.’ Therefore, she says, our true task is to become who we already are and fulfill that destiny. To that end, *Wheel of Initiation* is an essential guide that can lead us back into the magnificence of our own inner realm.” (*Dara Marks, PhD, author of Inside Story*)

“For me the highest plane of creativity is found in one's practice, and Julie offers the reader a real means to follow through on one's creative and spiritual intentions. The read is straightforward and gratifying; the pilgrimage itself a worthwhile, even required engagement for the spiritual hero.” (*Steven Pressfield, author of The War of Art and The Legend of Bagger Vance*)

“*Wheel of Initiation* combines wisdom and practices from multiple religions and belief systems, and it gleans valuable insights from a wide range of teachers. Stories of the author's own initiation rituals and daily practices are combined with those from her students, people she has led in yearlong initiation circles. This book is both practical and inspiring, and deserves a wide readership.” (*Meg Cox, ritual expert and author of The Book of New Family Traditions*)

“*Wheel of Initiation* is a well-written guidebook for transformation and intentionally living life's most profound questions. Drawing upon a wealth of ancient teachings and stories of awakening, Julie Tallard Johnson guides you on a pilgrimage toward spiritual growth, meaning, and wisdom. Anyone of any faith will greatly benefit from the timeless journey and practices offered in these wise and kind pages.” (*Donald Altman, author of The Mindfulness Code, Living Kindness, and Meal by Meal*)

“A useful and insightful guide to the purification and transformation of the bodymind, drawing upon the mandala wisdom of ancient indigenous traditions to create a practical alchemy of initiation and therapy for these modern times and our challenging ways of life.” (*Peter Gold, author of Navajo and Tibetan Sacred Wisdom: The Circle of the Spirit*)

“The Wheel takes us out into the diverse directions of life/space. The Initiation leads us in, to the unifying point of source/center. This ceremony requires great courage, the courage to give yourself fully and SIMULTANEOUSLY to Father Sky and Mother Earth. The courage to let spirit tear you apart.” (*Shinzen Young, author of The Science of Enlightenment*)

“*The Wheel of Initiation* carries a powerful spirit of love and wisdom shared in an absolutely fresh, humble, and beautiful way. I was moved from the first words I read. It’s clear that Julie Tallard Johnson walks her talk.” (*Tav Sparks, author of Movie Yoga and The Wide Open*)

“Hang on, this could be a bumpy ride . . . because somewhere between the life you are experiencing and the life you dare to dream, hides a precious jewel waiting to be unearthed. With Julie’s patience, compassion, and wisdom you are respectfully guided and facilitated to journey into the Wheel of Initiation . . . to the places that scare you, but ultimately to the places that heal you. A highly recommended course to mend your soul.” (*Amy Bendorf Schertz, MS, LMFT*)

“*The Wheel of Initiation* opened me up to all the possibilities of living a satisfied existence, *to being awake in a modern world that rewards us for being asleep*. I now have the tools and practices to guide my spiritual growth and to effectively shift my behaviors so that I can live a life filled with satisfaction.” (*Tracy Thaden, owner, Windhorse Spirit Vineyards and Winery*)

“Julie Tallard Johnson has once again given us a profound tool for self-exploration. The initiation processes, with Native American, Buddhist, and Christian teachings, were instrumental in bringing my power and wisdom to the surface. I have been able to integrate these teachings into my field of medicine. I believe the health of the individual and society benefits by the in-depth exploration of the self as promoted in the *Wheel of Initiation*.” (*Mary Ellen Sabourin, M.D.*)

“The lessons within these pages remind us of our humanity, encourage us to break the ‘rules,’ and challenge us to live a more conscious and ethical life. Julie guides the reader on a journey toward a life inspired by compassion, wisdom, and presence and informed by the experiences of those who have gone before us. The path we choose is up to each of us.” (*Katie Ishmael, Hall of Fame and NCAA track winner*)

“*The Wheel of Initiation* is not for the weak of heart! But, if you are ready to bring movement into your life, to direct your life with intention, this is a powerful venue utilizing an eclectic mix of spirituality, therapeutic support, and shamanism. Step in to the wheel with courage, initiate yourself, and experience nothing short of a life transformation!” (*Linda Tyllo, founder of Destina Health*)

From the Author

**The Initiation Course & the Wheel of Initiation: Take the Spiritual Pilgrimage that will radically transform every area of your life.** It is possible to experience positive and lasting benefits by going on a year-long spiritual pilgrimage. You can do this without leaving your home, or you can join up with a group. This April 5th, 2012 I offer another Initiation Course, which was the basis of my book, ***The Wheel of Initiation***.

Such a pilgrimage and its results cannot be accomplished in a few weekends or by the hands of another. Real and lasting transformation and happiness is an inside job.

**The Wheel of Initiation is available for organizations** that desire an internal transformation to enhance productivity, vision and relational integrity. For more information contact Julie at Julie@julietallardjohnson.com

From the Back Cover  
SELF-TRANSFORMATION / NEW AGE

“For me the highest plane of creativity is found in one’s practice, and Julie offers the reader a real means to follow through on one’s creative and spiritual intentions. The read is straightforward and gratifying; the pilgrimage itself a worthwhile, even required engagement for the spiritual hero.”

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JULIE TALLARD JOHNSON, MSW, LCSW, is a meditation teacher and transpersonal counselor who has led many individuals and groups through the Wheel of Initiation. She is the author of several books, including *Teen Psychic*, *Spiritual Journaling*, and *The Thundering Years*, recipient of the Independent Publisher “IPPY” multicultural award in 2002. She lives in Wisconsin.

## Users Review

**From reader reviews:**

**Thomas Paris:**

Here thing why that Wheel of Initiation: Practices for Releasing Your Inner Light are different and reliable to be yours. First of all studying a book is good but it really depends in the content of computer which is the content is as scrumptious as food or not. Wheel of Initiation: Practices for Releasing Your Inner Light giving

you information deeper including different ways, you can find any publication out there but there is no reserve that similar with *Wheel of Initiation: Practices for Releasing Your Inner Light*. It gives you thrill examining journey, its open up your own personal eyes about the thing which happened in the world which is perhaps can be happened around you. You can bring everywhere like in area, café, or even in your way home by train. In case you are having difficulties in bringing the imprinted book maybe the form of *Wheel of Initiation: Practices for Releasing Your Inner Light* in e-book can be your substitute.

**Graciela Johnson:**

Nowadays reading books be than want or need but also get a life style. This reading behavior give you lot of advantages. Advantages you got of course the knowledge the actual information inside the book which improve your knowledge and information. The information you get based on what kind of publication you read, if you want get more knowledge just go with training books but if you want experience happy read one with theme for entertaining such as comic or novel. Typically the *Wheel of Initiation: Practices for Releasing Your Inner Light* is kind of book which is giving the reader unstable experience.

**Timothy Rhine:**

Typically the book *Wheel of Initiation: Practices for Releasing Your Inner Light* has a lot info on it. So when you make sure to read this book you can get a lot of profit. The book was compiled by the very famous author. The writer makes some research previous to write this book. That book very easy to read you can get the point easily after reading this book.

**Joseph Felder:**

Your reading sixth sense will not betray a person, why because this *Wheel of Initiation: Practices for Releasing Your Inner Light* e-book written by well-known writer we are excited for well how to make book which can be understand by anyone who all read the book. Written with good manner for you, dripping every ideas and creating skill only for eliminate your own personal hunger then you still question *Wheel of Initiation: Practices for Releasing Your Inner Light* as good book but not only by the cover but also by content. This is one reserve that can break don't determine book by its include, so do you still needing a different sixth sense to pick this particular!? Oh come on your reading through sixth sense already said so why you have to listening to an additional sixth sense.

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