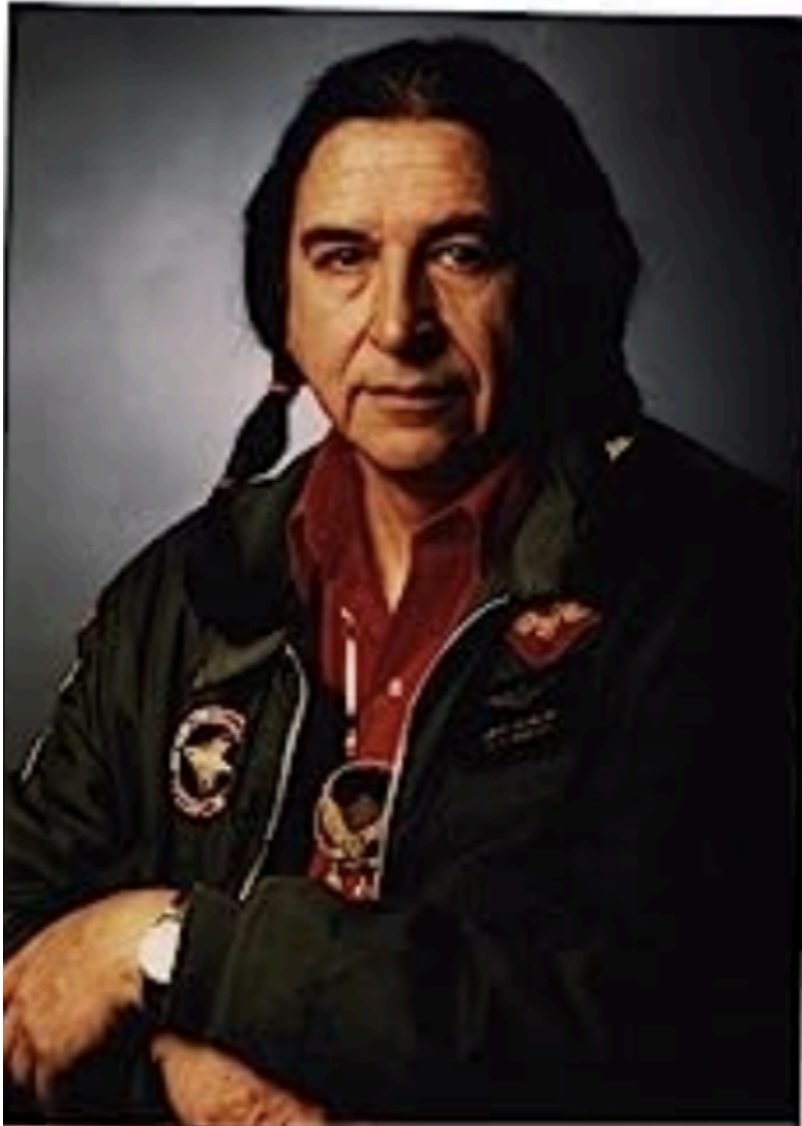


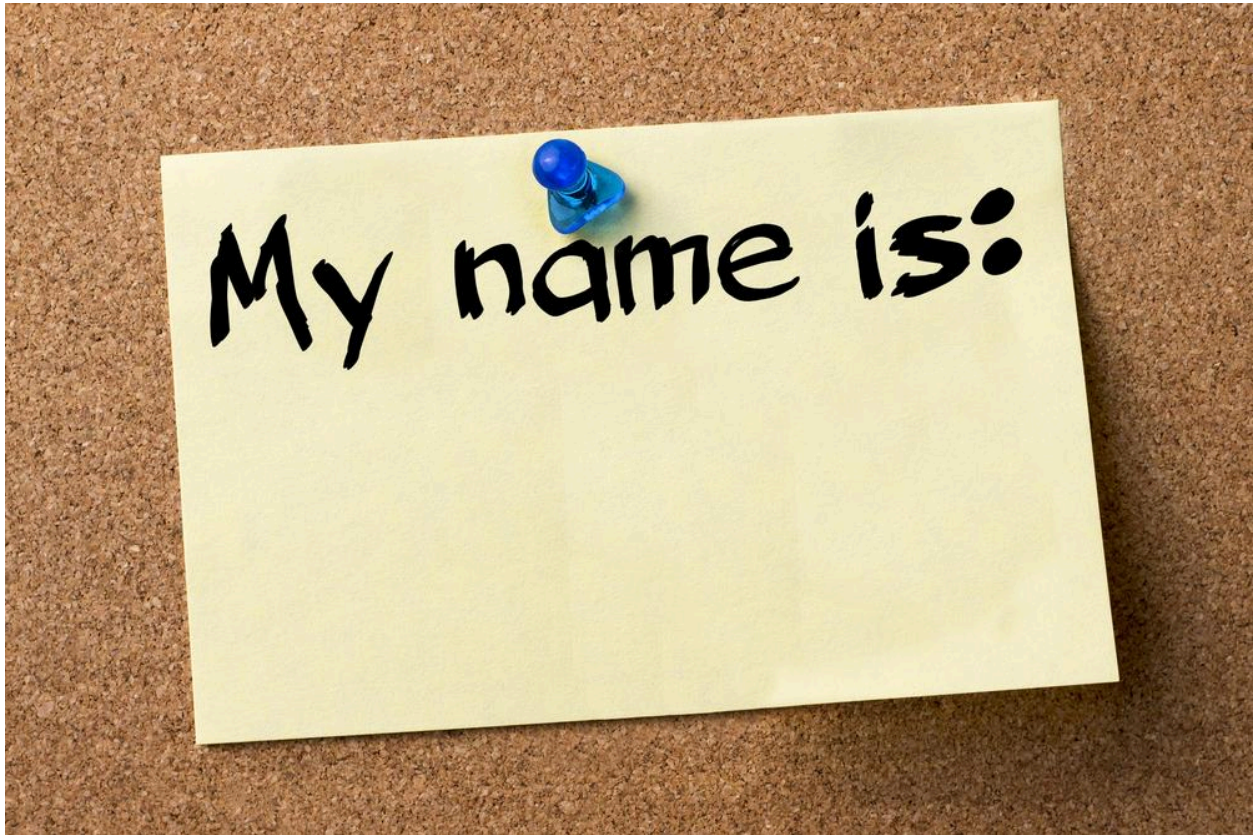
## WHAT IS IN A NAME?

By Eileen Nauman, **TASHUUNKA WINAN WICHASTA**, Wolf Woman  
Warrior

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Honoring my soul brother, Ed McGaa, Eagle Man, Mission Soul



In Native American culture, your name means everything. They are given based upon what the medicine woman or man decides as they watch the baby develop after birth, what their first name will be. As the child grows, the name may change at some point. Some people live a lifetime with their first name. Others will receive a second, or even third name. The most important aspect of it is the name the medicine person gives is the one that will shape that baby or child's life. The medicine person also is clairvoyant and can see the unrolling of this baby's life to come, which plays an important part on the name that will walk with her/him and also shaping/developing them, as well. And as the child grows, matures, the name may well change, the shaping and the energy expression of that next name will build upon the foundation of the first name.

So? Do you know what your name is? I was born with my mother's name, and was given a middle name of Eileen, and it was used within the family instead, since we didn't need two females in the same household being the same, identical name. As an anglicized version of Eibhlín, Aileen's origins lie in the Gaelic form of the Greek **Hēlēnē**, which means "**bright, shining light.**" It's a name made famous by Helen of Troy—the Spartan queen whose captivating beauty set the wheels of the Trojan War in motion. English names usually don't symbolize anything but the patriarchal male's surname, and it still isn't symbolic of the energy where it was created and why except in the family generational energy. Names should have greater resonance and power than that, in my opinion. It doesn't "explain" the person's unique, individual energy nor their plan or mission for their 3D incarnation, either. Plus, it does not aid in shaping the person that would be helpful to them. An English name may well dilute the incarnation's plan, not necessarily support, aid, feed or support it.

You have to go back to the Latin root word or a Greek word, to find out what your English name symbolizes or represents. In the USA, names mean little. To indigenous people? Nothing could be more important because they SEE/perceive the spirit guide (usually an animal, but it could be anything) in that baby or young girl or boy. And whatever the animal is/does? They have that same energy and expression in their outer world. They also believe the 'totem' or animal spirit guide is also with this individual for their life, a guide, a leader, a teacher and support of that human's incarnation. In other words, the youngster BECOMES the name and vice-versa. It's a circle, with half being human and the other half an animal spirit guide. Together, they combine their individual powers to help the named one.

When do you have an English name? You will have to find your Latin or Greek name by Googling it. Ask what the "definition" of the name is. I would also look up the Latin and Greek definition of it, as well. There will be a symbolic energy that comes with it and is connected to you. If you have two or three names in your original birth name? Which one do you

prefer to be called? That is the one you should look up to see what it symbolizes. And, if you don't like your given name? You have every right to change it. By changing it, you are changing the vibration and frequency of it, as well. We can then BECOME OUR NAME over the course of our lifetime. Yes, you can name yourself. Choose one that appeals to your heart. And choose a spirit guide of that name.

By accepting your birth or "new" name? You will now have lived up to receiving the high intense vibration that is associated with it. You are a star person whether you know/realize it or not. In the Native American cosmology a person is named at birth, but as they grow, mature, experience, learn, they are often given a second name. And as they become it? Then they continue to grow and a new name befitting where you are, is given to you :-). You do not 'lose' your other names. They are simply enfolded and dissolved into your next name; supporting each step, much like building a brick foundation, one brick at a time. Being given a name is the highest sacred moment that can occur in a person's life. Such a ceremony is not taken lightly, and after the person accepts their new name (they can say no to it, as well), then they BECOME IT. So be self-aware about your life, the synchronicities that will be occurring more regularly. Pay attention to the symbol, the feeling of it, and look at it on a multi-level: spiritual, mental, emotional and physically.

Let me tell you a story: My mother always called me Eileen. My father always called me **BUZZ**, and he had Native American DNA. The name was to honor the Honey Bee nation (his friend was a beekeeper and brought two hives to our home), and who I was as a baby and child. I did not start to speak until I was four years old. From 1-4 all I did was go bbbuuuzzzzz — like a honey bee, running around, emulating one when I could. When I did speak, close to my 5th birthday, I talked in fully formed, understandable sentences. No gibberish. It shocked my mother. My father grinned and continued to call me Buzz for the rest of the time he passed over in 1975.



Raised between Native American and Druid/Irish/Scotland genes, I've been on the Native American "medicine path," all my life. There are four initiations, symbolizing the Four Directions, North, East, South and West if you desire to become a medicine person, a service worker, a healer. And one must achieve and live to tell about each initiation they take, and share it with their teacher . There are the air, water, earth and fire element challenges one must survive. The initiate must go through each one, building a deeply spiritual foundation, as a result. Women are not seen as fully empowered until they stop bleeding monthly. That is usually around age 40-45. Then, they hold their blood of their body within themselves, fully empowering themselves, instead of giving our blood away monthly to our Mother, the Earth as a gift and with grateful thanks for Her loving us and our family.

If you are interested in the Fire Element Initiation I went through, go here and download:



[https://docs.google.com/document/d/1m1YO12gJfp0O8OOClpwAXN35MMVsrc93\\_2CABO35haM/edit?usp=sharing](https://docs.google.com/document/d/1m1YO12gJfp0O8OOClpwAXN35MMVsrc93_2CABO35haM/edit?usp=sharing)

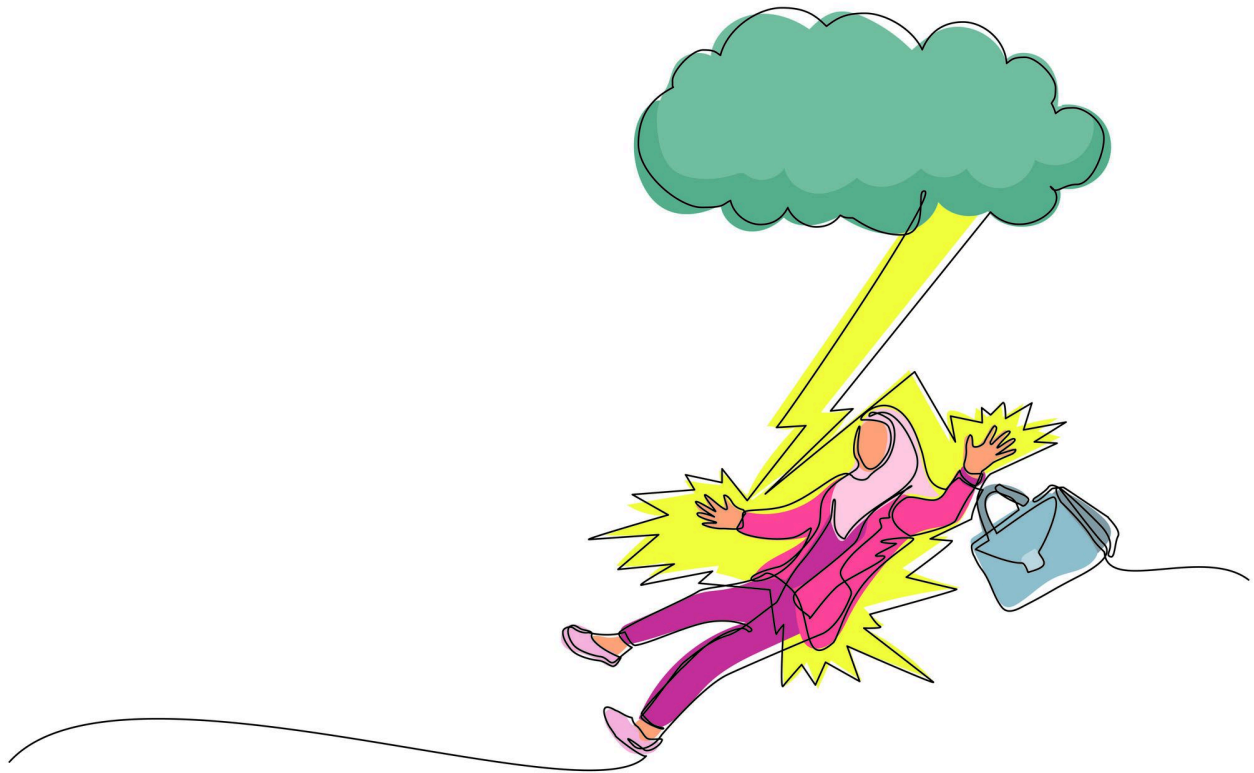
## THE SALAMANDER PEOPLE, THE FIRE ELEMENT AND MY FIRE INITIATION INTO THEIR REALM

I'm sharing with you the story of my last initiation by FIRE, that occurred in 1988 because I received my second name five years later. In 1993, Lakota Sioux Ed McGaa, Eagle Man, medicine man, sweat lodge leader, and warrior, stayed with us and we performed an incredible sweat lodge ceremony together. We built the sweat on our Oak Creek property sixteen miles south of Sedona, on beautiful Oak Creek. In Ed's 2nd book, THE RAINBOW TRIBE, he gave me the name **TASHUUNKA WINAN WICHASTA, Wolf Woman Warrior** in honor of the sweat we conducted together where incredible, magical events occurred because of all the people who were there that night. We were One. He gave me my second name after the sweat finished :-). I wasn't expecting it, but I cried after receiving it. What a beautiful name and energy to carry forward!



Wolves symbolize the family, the tribe, a fierce family/tribe that lives, fights, struggles to stay together and survive against a darkening world, fighting as one, like a fierce warrior team that they are. My 'family' of wolves are the 125 women/3 men I've trained in my family's shamanic traditions from around the globe. And we are heart fierce, and all are a hundred percent focused as Mission Souls in this sick, ailing world of ours. We are on the front lines against the dark 24/7/365. There is no rest, no downtime for MISSION SOULS such as ours/and my global family. We are at the end of the Hopi Fourth World prophecy: That our world will be destroyed by FIRE (most likely a nuclear war, but it could be climate change, temperature climbing so high it will kill most humans on the planet). The next world, the FIFTH WORLD, is the world of the HEART and peace/love/togetherness as ONE, will prevail. Also called the Age of Aquarius by astrologers. We Mission Souls are in the fight for our literal life of our planet, Mother Earth

and all her relations. A name means EVERYTHING because it embodies who you are, and what you're growing into to become it.



As far as naming goes, the BEAR is the ultimate medicine name, the ultimate healer of all. In most Native American nations, the Bear, Wolf and Eagle are seen as the most powerful, influential and all of them because they are fearless Warriors for the Light.





By the way? If interested? Eagle Man, had the authority to give others new names, had invited me to contribute to the Sweat Lodge chapter 5 (I am a sweat lodge leader, trained and taught by Santee Lakota woman, Patti Running, my teacher, who was also a friend of Ed. I sweated every day for six weeks with her on the Rosebud Reservation in South Dakota with her and her Lakota sisters and learned the ceremony). On page 86, our experience (Ed and I co - led the sweat lodge). We had two seasoned sweat lodge leaders that night...a rarity, but twice as powerful, too.

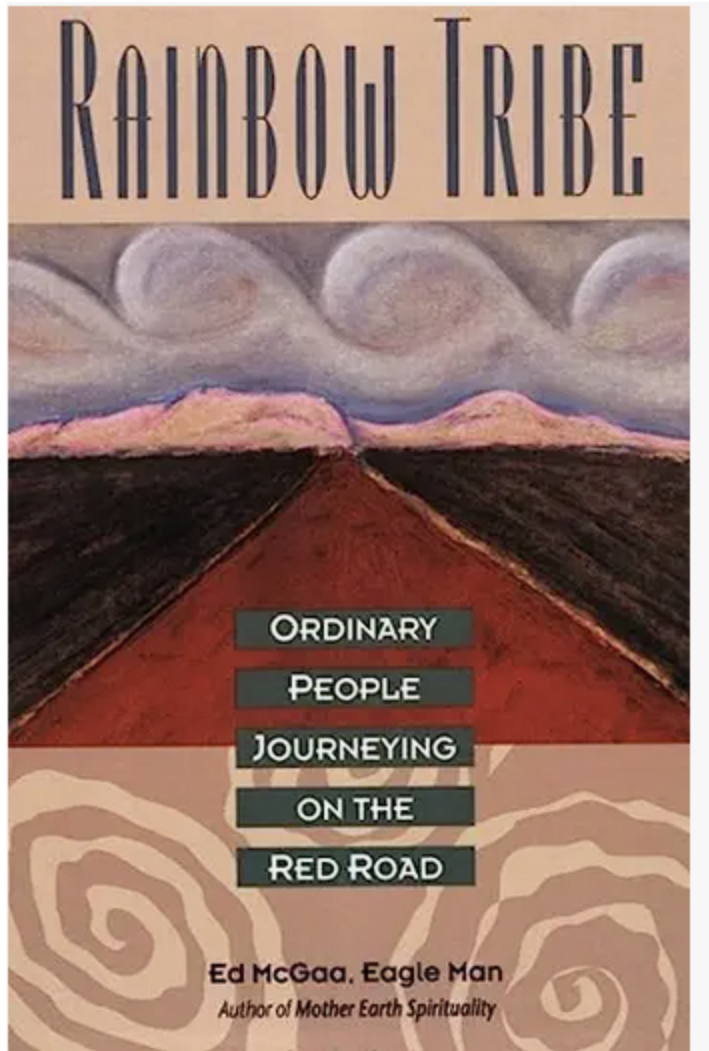
Buy the book

([https://www.amazon.com/Rainbow-Tribe-Ordinary-People-Journeying/dp/0062506110/ref=sr\\_1\\_5?crid=1S6BH070JHRPX&keywords=Ed+McGaa&qid=1686421779&s=books&sprefix=ed+mcgaa%2Cstripbooks%2C108&sr=1-5](https://www.amazon.com/Rainbow-Tribe-Ordinary-People-Journeying/dp/0062506110/ref=sr_1_5?crid=1S6BH070JHRPX&keywords=Ed+McGaa&qid=1686421779&s=books&sprefix=ed+mcgaa%2Cstripbooks%2C108&sr=1-5)) and read Chapter 5, then further into it is titled: **THE NIGHT THE BOTTOM FELL OUT**, written by me.

The importance of what happened in that sweat was pure mysticism, rare and phenomenal. It happened because everyone I invited to that sweat lodge was heart centered. Some were my shamanic students from around the world, and some, dear friends. I had led sweats where the top of the lodge would dissolve and that was an incredibly rare occurrence. It showed the caliber of the participants, their heart and spiritual love for self and others. Tops of sweats don't just "disappear/dissolve" regularly or routinely. Indeed, most people who have sweated in a lodge, are never in one as a participant to see and feel it occur. About 1/3rd of all the sweats I led had the top of the sweat lodge dissolve and we were in space, sitting around our red, glowing stones in the center, but the bottom remained beneath us. It was my shamanic students who were heart centered, and as a group it occurred because we were in alignment with the Great Spirit and Mother Earth.







Now, in the sweat with Ed Eagle Man? First the top came off, and then the bottom disappeared. I saw all of us sitting in a circle, elbow to elbow, the with the glowing red, sacred stone people in the center. We were surrounded by the cosmos and it was so breathtaking and amazing, all I could do was gawk like a child at some amazing, incredible moments never seen before or since....



That not only occurred, but Ed, as we'd built the sweat lodge during the day, had set the door of the sweat to the WEST, instead of the EAST :-). As Native Americans, we know there are no mistakes....we left it as is. Normally, doors on a sweat (or a Navajo hogan) are set in the EAST direction, the rising sun. That night remained phenomenal as we lifted the door skin to crawl out on our hands and knees, from the lodge, and seeing the bright, scintillating, blue glow of the planet VENUS was in direct alignment due West, in that moment, with our doorway....we received a blessing of LOVE/HEART from the planet Venus for a job "well done." Heart Harmony. It was an incredible, emotionally moving, wonderful and unexpected blessing...we all felt it, our chests expanding with such joy and oneness with all...it was breath stealing and we were in the thrall of something so beautiful it has no name.... But that wasn't all! The FULL MOON had risen in the EAST, over the top of the black basalt cliff that we lived beneath, in direct alignment from the opposite direction where VENUS hovered in the sky. In the book I get into what it meant symbolically for all

of us. What a sweat! What a night! It rocked everyone's world in the best of ways. Everyone received a new name from Ed McGaa, whose authority as a sweat lodge leader, could do so. What a high, spiritual honor.



The way I got in touch with Ed McGaa in the first place was I read his book, MOTHER EARTH SPIRITUALITY. That is how we met. The rest is dharma and seeing an old soul friend of mine who is part of the group I am a part of soul-wise. I love this man with all my heart and soul; he's the quintessential Warrior for the Light. What a role model!



# MOTHER EARTH SPIRITUALITY



NATIVE AMERICAN  
PATHS TO HEALING  
OURSELVES  
AND OUR WORLD

ED McGAA,  
EAGLE MAN

([https://www.amazon.com/Mother-Earth-Spirituality-American-Ourselves/dp/0062505963/ref=pd\\_bxgy\\_vft\\_none\\_sccl\\_1/137-1047488-0899436?pd\\_rd\\_w=9rVBz&content-id=amzn1.sym.26a5c67f-1a30-486b-bb90-b523ad38d5a0&pf\\_rd\\_p=26a5c67f-1a30-486b-bb90-b523ad38d5a0&pf\\_rd\\_r=09V8TBXJHJNQY9K36DKR&pd\\_rd\\_wg=MXObK&pd\\_rd\\_r=2433998e-1479-4574-ba0e-c4c13d5b05ab&pd\\_rd\\_i=0062505963&psc=1](https://www.amazon.com/Mother-Earth-Spirituality-American-Ourselves/dp/0062505963/ref=pd_bxgy_vft_none_sccl_1/137-1047488-0899436?pd_rd_w=9rVBz&content-id=amzn1.sym.26a5c67f-1a30-486b-bb90-b523ad38d5a0&pf_rd_p=26a5c67f-1a30-486b-bb90-b523ad38d5a0&pf_rd_r=09V8TBXJHJNQY9K36DKR&pd_rd_wg=MXObK&pd_rd_r=2433998e-1479-4574-ba0e-c4c13d5b05ab&pd_rd_i=0062505963&psc=1) )

What a breath of fresh life to see a Native American's perspective and how they walked Mother Earth ... just an incredible book that if you WALK THE LAND and love Nature and Mom Earth? You MUST READ THIS BOOK



like a box of chocolates....every chapter will fill your heart in a new and wonderful way. Ed was a Mission Soul.

And then? Feel your way through your given name at birth. If it doesn't "fit" you? Then go on a wonderful journey to find the name who wants to find you and is a "fit" for who you are now. We all change and grow. We aren't the same person as a baby, a young kid, a teenager, a young person, an adult or elder. I'm sure that as you make this a heart journey to find the vibrational heart energy of the 'right' name for you, that there will be magical synchronicities along the way 😊

Keep me posted! PM about your new name! This is supposed to be fun! It is a celebration of YOU and who you are!

