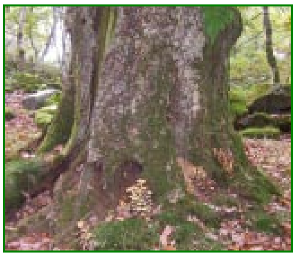
Shamanic Nature Practices Workshop

Connecting Deeply & Intuitively to Inner & Outer Nature

Sweet are the uses of adversity
Which, like the toad ugly and venomous
Wears yet a precious jewel in his head
And this our life exempt from public haunt
Finds tongues in trees
Books in the running brooks
Sermons in stones & Good in everything!
[William Shakespeare]



In cathedrals of the forest
In the words of tongues now lost
Find the answers, ask the questions
Find the roots of an ancient tree
Take me dancing, take me singing
I'll ride on till moon meets sea!
[Hear this ballad: www.stress-counselling.co.uk/BOOKS/secrets.htm]

- Connecting to the Truth of our Inner Nature -

Walking meditation

Accepting & Transforming the truth of our inner nature

Spontaneous Self-Expression via Gestalt Emotional Intelligence

From an inner natural state of spontaneous self-expression we can more easily connect to the nature
In order to connect to nature we have to be like nature – spontaneous and self-expressive

- Nature Teaches us Stress Management -

Stress blocks and distorts our intuition, connectivity and spiritual guidance

"Willow Tree Wisdom" from the Chumash Tribe

Sha noon ho yah (x2)
Hey heya heya ya honay (x3)
Honay, Honay (x2)

A symbolic dance and chant about the wisdom teaching of the willow tree
Connecting us also to the 4 elements…

1. Water (harmony & flow)
2. Fire & Earth (passion & commitment)
3. Air (seeing the big picture)

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The Cherokee Dance of Life: A Prayer in Movement

Connects us to the world of nature, spirit, reverence, trust and oneness, honouring Mother Earth, Father Sky and the Four Directions. The Dance of Life is an ancient Medicine dance, originating from the Eastern Cherokee Medicine people, combining breathwork, creative visualization, and gentle tension-releasing movements similar to T'ai Chi. The Dance of Life is grounding, centering, balancing and a dance of gratitude for life!

ah matigee wah-ah
nayohay
oshiana hayano hayano hay-ee-ya [x2]

oh-ho hayano hai-yah
oh-ho hayano hay-hay-yah

- CONNECTING TO NATURE'S BOUNTY -

Edible wild plants as a way to harmonize with nature: are a rich and free organic source of minerals, vitamins and enzymes. Nutrient-rich, pesticide-free additions to our diet boost the immune system, enhance our detoxification of traffic pollution and bolster up our resistance to stress.

- RELEASING - LETTING GO > EMPTINESS FOR RECEIVING FROM NATURE -

Aramaic Prayer of Yeshua Line 6

Washboqlan khaubayn wakhtahayn aykanna daph khnan shbwoqan l'khayyabayn

[Medieval bible version: "Forgive us our debts, as we forgive our debtors"]

Loose the cords of mistakes binding us, as we release the strands we hold of others' guilt.

Forgive our hidden past, the secret shames, as we consistently forgive what others hide.

Lighten our load of secret debts as we relieve others of their need to repay.

Erase the inner marks our failures make, just as we scrub our hearts of others' faults.

Absorb our frustrated hopes and dreams, as we embrace those of others with emptiness.

Untangle the knots within so that we can mend our hearts' simple ties to others.

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- SLOWING DOWN IS ESSENTIAL FOR CONNECTING DEEPLY -

Lowering Hyperarousal - Symbolic Movements to a Celtic Ballad

[Source: www.sunflower-health.com/resources/alchemy.htm]

Steal away, let's steal away, no reason left to stay
For me and you, let's start anew, come Darling, steal away.

Steal away, let's steal away, no reason left to stay.
For me and you let's start anew, come darling steal away

Let's steal away and chase our dreams, and hope they'll never find us
The weary days, the empty nights, we'll leave them all behind us.

We'll leave behind the empty streets, the gloom and desolation.
The rain, the cold, just growing old, God knows its a hard outstation.

We'll leave with just our memories and we'll make a new beginning
For we have to choose to win or lose and it's time we started winning.

CHORUS
Steal away let's steal away no reason left to stay
For me and you, let's start anew, come darling steal away.

- The Abundant Support of the Universe -

The Earth that is wise and old (x3)
Breathes in her sleep and stirs

-----oOo----

A Fish Surrounded by Water Need Never be Thirsty!"

Fill your cup, Drink it up, Ya Allah Allah [x 4]
Ram Ram Ram Ram [x 3]
A fish in the water's not thirsty!
Ram Ram Ram Ram [x 3]
A fish in the water's not thirsty!

"Ameen, Ari Om"
A poem by Kabir (15th century mystic and saint of India). He believed in the oneness of all humanity and lived to be 120 years old!
From "The Dances of Universal Peace"

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- Plant Spirit Healing -

An intuitive co-healing (i.e. working in pairs as healers for each other) technique for accessing your unconscious or divine deep inner guidance and insight via the mediation of plants. When we try to access deep or divine (spiritual) guidance ourselves we are sometimes obstructed or confused by our own "hang-ups" or "blinkered vision". Working in a simple intuitive way with a partner (who will be provided) you help each other to "hear" a simple piece of insight, creative idea or wisdom about any situation or feeling which may be bothering you.

I was taught this practice by Simone Silverpath of the Coventina School of Shamanic Therapy

- BLESSING OUR ONWARD PATH -

A Symbolic Maori Chant/Dance - Radiation of Divine Love, Truth, Peace

Te Aroha
Te Foko Pono
Te Rahnge Maori Eh
Ta Ta Ta Ta Eh

Peace & Truth comes from within the Heart and spreads out to Everyone

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Forthcoming Shamanism Events in Cambridgeshire

www.sunflower-health.com/shamanicworkshops.htm

Cambridge Healing and Holistic Lifestyle Group (CHEAL)

[You don't have to live in Cambridge to join!]

Are well-being, fulfilling work and a healthy lifestyle are at the top of your agenda?

A group of healers and holistic lifestyle enthusiasts have come together to set up an online discussion group for chatting about healthy living and sharing tips and experiences.

If you like to live life to the full, then this group is for y ou!

If excessive stresses or health problems are ruining your life, our members might be able to help.

If you want to find the "next step" in your life journey this group is for you!

If you want to open a door of exciting or nourishing experience that has been closed lately, this group is for you!

If you are a healer of people, animals, families, societies, the planet or even the entire human race, please contribute your experience to this group!

Joining "CHEAL" (short for Cambridge Healing) group is free.Go to: www.CHEAL.org

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