Shamanic Healing Workshop

Ancient & Modern Healing Arts of the Shaman!

"If you change the way you look at things - The things you look at change!"
Wayne Dyer

Go at your own pace, all exercises voluntary
More about these dances, rituals & exercises at www.sunflower-health.com/shamanicworkshops.htm
The shamanic lifestyle is an ancient natural, holistic and creative approach to life
which integrates mind, body, spirit, community belonging and divine service.

- The Roots of Healing: Finding the Courage to Accept Our Sickness -

Breath-Based Meditation as a Health Check

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Aramaic Healing Circle Based On The 1st Beatitude

"Fruitful are Those Who Align Themselves with Breath & Spirit
To Them Belongs The Kingdom/Queendom of Heaven [Enlightenment]"
[from Dr. Douglas-Klotz "Prayers of the Cosmos": www.lovehealth.org/books/genesis.htm]

Tubwayhun L'meskenaee B'rukh D'dilhounhie Malkutha D'ashmaya
[God/Spirit is Breath or "Breath Unites Us All"]

Medieval KJB translation: "Blessed are the Poor in Spirit for Theirs is The Kingdom of Heaven"

"This phrase presents the image of 'holding fast, holding on for dear life' to the breath/spirit, which is connected to the divine Source of all breathing. This connection is one of the few certainties in life and always as close to us as the sound/feeling of our breathing. This idiom presented difficulty to the Greek translators, who ended up with the obscure expression 'poor in spirit.' Re-establishing the breath connection opens us to the source of the divine 'malkutha', the queen/kingdom that allows us to reconnect with the ruling principles of the cosmos." [Dr. Douglas-Klotz]

Sustainable Healing requires us first to accept and spend time with our experience [truth] of dysfunctionality. Experiences of "ease" and "dis-ease" are twin aspects of the "yin-yang" wholeness, experiences of dis-ease/un-ease can be a source of creativity and purification - thus laying the foundations for the next experiences of "ease".

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"ONLY LOVE IS FLOWING HERE!"

Symbolic dance and chant to massage and open the heart chakra before giving or receiving healing.

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"MOTHER EARTH IS A GREAT BIG SHIP…"

[A symbolic dance & chant to connect to our life's journey]

Mother Earth is a great big ship that we are sailing on
Sailing on through space and time
Touch the Earth, feel your worth
Wake up to each new rebirth
Open up your heart and touch the divine.

[Blessed Be!]

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Engaging Our Life Force via The Arapaho Ghost Dance

Reconnecting to our "Earth Spirit" Vitality – The Well-Spring of Our Life!
Without this we wither and perish, living only a small, shrivelled shadow of our potential!

Spiritual Healing: Our Fundamental Need to "Belong" - To Be a Key Part of Something Beyond Our Needy and Grasping "Survival Self"

Journey into Oneness - Finding Our Place in the Great Scheme of Things!

Based on a traditional Native American Chant - Connecting to Earth, Community & 4 Directions

KUAKE, LENO LENO MAOTE, HAYANO, HAYANO, HAYANO
Let Me be One with the Infinite Sun, Forever, Forever, Forever

More about the Principle of Universal Oneness - All Things are Connected at:
www.stress-counselling.co.uk/sunflower/VISIONS/connection.htm

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The Ganesh Sanskrit Mantra & Dance

OM GAM GANAPATT-EYE-YEH NAMAHA

Ganesha: "The Mover of Obstacles"

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Grieving the past in Order to Move Forward - Symbolic Movements to a Celtic Ballad

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

I CONFRONT THE SABOTEUR OF MY DREAMS & FULFILMENT!

I DO NOT DESERVE HAPPINESS/SUCCESS BECAUSE…

I AM USELESS BECAUSE…

I NEVER LEARN BECAUSE…

I HATE MYSELF FOR…

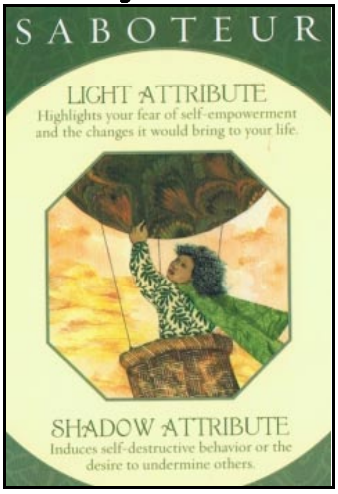
I BEAT MYSELF UP WHENEVER..

PEOPLE DON'T HELP & SUPPORT ME BECAUSE…

I AVOID CALCULATED RISKS BECAUSE…

IF I LED MY OWN LIFE MY OWN WAY I WOULD BE…
Selfish / Rejected / Abandoned / Resented / Condemned
Vulnerable & Alone / Inadequate to the Task / At risk of Failing/Other?

Engaging more fully with our life-force can scare us if it has got us into trouble in the past!



Archetype Cards

Attachment to "Limiting Beliefs"

The ego seeks an illusory security and identity in limiting belief systems (which we may know as our "reality", philosophy, "worldview", lifestyle) The intrinsically-limiting nature of belief systems provides a sense of security and identity for individuals and for communities until we come up against experiences and relationships ("life challenges") where our belief system no longer produces the results (security, identity, fulfilment) that we desire. Limiting beliefs, because they deny the intrinsic nature and truths of our life. will in time, lead to insecurity and confusion - the very opposite of their intended purpose.

This is not to say that belief systems are wrong, but that they are only a transient step or bridge towards the realization of our full potential and identity. Limiting belief systems (unspoken rules/laws) work well within the context (family, social group) where they were formulated. However, if our life expands out from these situations into new and bigger situations, or if our growing "neighbours" start to expand into our limited "comfort zone", we will meet challenges that our limited belief system (set of rules and procedures) cannot cope with. The scene is then set for internal/external struggle and strife. At this point we have 4 choices:

a) Minimise struggle & strife by contracting our lives back into a new (smaller, more guarded) comfort zone.
b) Stay locked in struggle and strife.
c) Modify our belief systems to accommodate the new experience.
d) Transform the "energy" generated by the struggle and strife into an expanded reality (internally) and an expanded (more full-filling) life experience externally - this is the path to a "creative" solution.

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Reclaiming the Self-Empowerment & Resources that we Keep Investing in Our Addictions

I CONFRONT MY ADDICTIONS!

An **addiction** is a repeated, "more-ish" behaviour or "yearning" that provides [or promises] happiness or "escapism" while we are doing it, but keeps having negative repercussions and thereby wastes resources [LIFE!] that go into creating sustainable fulfillment.
Can be very subtle e.g. addiction to "being right", "being a healer", "being a victim" etc.

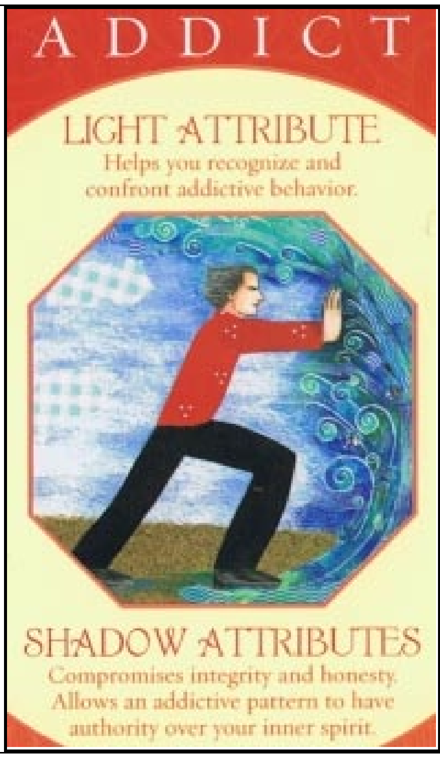
PAST ADDICTIONS I HAVE MASTERED & HOW I SUCCEEDED

1.
2.

ADDICTIONS I HAVE YET TO MASTER	UNDERLYING NEED & HOW OTHERS MEET IT
1.	1.
2.	2.
3.	3.

ADDICTIONS I MAY BE IN DENIAL ABOUT! / NEGATIVE OUTCOMES
[ask friends & family]

1.
2.



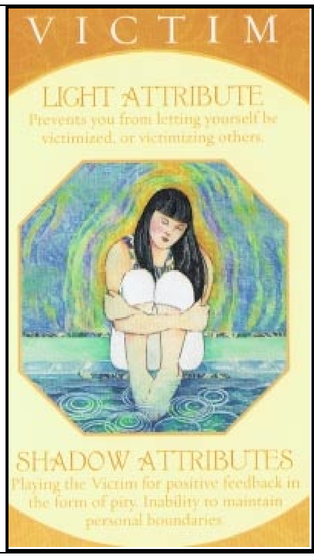
I CONFRONT MY VICTIM STORIES to RECLAIM MY POWER!

MY CURRENT HELD-ONTO "VICTIM" STORIES...

THE PAYOFFS I GET FROM HOLDING ONTO THESE STORIES IS...
e.g. Sympathy, Support, Avoiding guilt/shame/responsibility

THE EMOTIONS THESE STORIES GENERATE EACH TIME I TELL THEM...
[See "4 Questions that Will Change Your Life": www.sunflower-health.com/courses/positive.htm]

POSITIVE ASPECTS OF THIS ARCHETYPAL SUB-PERSONALITY
Alerts us when we are in danger of becoming a "victim" through passivity, foolishness, impulsiveness or naivety. Also alerts us when we are bullying, manipulating or exploiting others.



Simplicity as a Tool for Healing - "The Return to Innocence"

[www.lovehealth.org/music/innocence.htm]

Don't be afraid to be weak
Don't be too proud to be strong
Just look into your heart my friend
That will be the return to yourself
The return to innocence
If you want, then start to laugh
If you must, then start to cry
Be yourself - don't hide!
Just believe in destiny!

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MY SELF-AWARENESS ARCHETYPE CARDS

[Archetype cards – details and order links at: www.lovehealth.org/books/archetypes.htm]

Archetypes are ancient, universal patterns of behaviour that are embedded in what Carl Jung called the "collective unconscious." Caroline Myss has created a unique seventy-two Archetype Cards, each individually designed to provide the basic Light and Shadow attributes of a different Archetype. The deck also contains six blank cards on which you can create your own Archetypes. **We will be finding and working with personal archetypes.**

- Remembering Our Resourcefulness and the Abundant Support of the Universe-

A Fish In Water Need Never be Thirsty!"

A Symbolic Uplifting Circle Dance and Chant

- Spiritual Dance = Alchemy = Magical Transformation of Our Energetic State -

Soften What is Rigid Within! - Aramaic Healing Circle Based on the 3rd Beatitude

[from "The Healing Breath" - details here: www.lovehealth.org/books/genesis.htm]

"**If you are humble, nothing will touch you - neither praise nor disgrace, because you know who you are!**"
[Mother Teresa of Calcutta]

- Ancient and Modern Shamanic Healing Techniques -

GESTALT: Self-Confidence Building Exercise

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Healing the Inner Child via a Group Healing Ritual

Our wounded inner child can be a source of insecurity, protective rage, anger, hatred or aggression. Holding onto these attitudes & emotions raises blood pressure & cholesterol level and create mind & body tensions that lead to physical pain, dysfunctionality, burnout, depression, paranoia etc.

How could anyone ever tell you, you are anything less than beautiful?
How could anyone ever tell you, you are less than whole?
How could anyone fail to notice, that your loving is a miracle?
How deeply I'm/You're connected to My/Your soul!

More information about sources of the above words & music:
www.sunflower-health.com/resources/shamanic.htm

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Setting Sacred Space - Igniting the Spark to Engage Our Personal Path

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Timeline Therapy

- Has anyone ever told you that you overreacted to a situation but you did not agree?
- Have you ever missed out on events and relationships because of negative emotions?
- Have you ever set goals in the future and had them not happen?

Our past experiences and the memories that go with them affect how we approach present day situations. When preventing us from expressing ourselves in an appropriate way these experiences and memories stop us from achieving the results we want. Time Line Therapy™ techniques can assist us to change all that. Time Line Therapy™ is a process that assists us to:

- Let go of Negative Emotions from the past
- Let go of Limiting Decisions from the past
- Create our future

Alexandra Weyman, a hypnotherapist and soul-alignment practitioner will lead us in this exercise.

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The Breath of Arjuna - Holistic Self-empowerment

Arjuna was an heroic archer in Hindu legend. His name means 'bright' or 'shining' and he was such a skilled warrior that he was nicknamed "the undefeatable". He symbolizes the qualities of "clear vision", "focus" [on a target or goal] and potency [effectiveness]. "Breath of Arjuna" is a simple dynamic yoga movement connecting breath, body, mind, spirit and imagination [visualization of results]. It can be done sitting, but is most powerful in the standing position. It comes from "Dru Yoga" [yoga of the heart]. This adapted practice for healing situations consists of 3 successive phases:

1. Emptying selfish & unselfish ego agendas e.g. "Fixing Healee", "Proving Yourself", "Being a good Patient"
2. "Drawing-in" humility, emptiness [non-attachment] and divine guidance for giving & receiving healing
3. Radiating the *persona* [personal qualities] we wish to bring to the world.

"Healing Touch" - A Shamanic Healing Massage

We will practise this blend of "Laying on of Hands", "Energy Healing" and "Meditative Massage" after purification and "sacred space" rituals.

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Wellbeing - Stress Management - Positive Holistic Living

www.sunflower-health.com/workshops.htm

Or email mjm@stress-counselling.co.uk or call Michael Meredith on 01954-789966

April 28th to May 26th 2010 **5-week Course** Wednesday Evenings 7-9 pm **Swavesey College** Cambridgeshire	**Intuitive & Listening Skills** 5 Evenings Course at Swavesey College Cambridgeshire As the old adage goes "A good listener beats a good talker!" How well do you tune into and develop rapport with others? How well do you pick up the subtle non-verbal cues as well as the [less powerful and less authentic] words spoken? Your ability to both listen and intuit has a major impact on interpersonal effectiveness and on the quality of your relationships. Are you tuned into your natural human "6th sense" instinct of intuition? Do you trust it blindly or do you run "checks and balances"? Empowered intuition and listening skills help us to navigate better the potentially stressful situations that arise at home or at work. We can become more in tune with how people feel and what they really "need", as opposed to what they say they "want". Especially important in "novel" social or work situations, where we lack experience, or feel "like a fish out of water".Intuitive skills are especially magnificent in situations where people are seeking to exploit, manipulate, deceive, "con" or pressurise us into falling in with their personal agenda rather than looking after our own best interests. Intuition is also a key ingredient in enhancing emotional or physical intimacy in our relationships. In this powerful 10-hour course, learn how to... • Recognize the 7 common communication/interaction styles

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6 miles from Cambridge on A14

Cost: £40
(£30 concessions)
Booking:
Swavesey Community Education Office
Tel: 01954-230373

- Understand the dangers & opportunities of each interaction style
- Interpret the body-language "tells" of others
- Empower your own non-verbal communication
- Maximise your intuitive skills & minimise the sources of error
- Build your Conflict Management skills
- Be more self-confident and self-empowered in social situations

More info: www.sunflower-health.com/workshops.htm

June 12th

1-Day Workshop

Saturday 10am-4pm

Swavesey College
Cambridgeshire
7 miles from Cambridge on A14
Cost: £30 (£22.50 concessions)
Booking:
Swavesey Community Education Office
Tel: 01954-230373
Email:
LBaylis.chk@swaveseyvc.cambs.sch.uk
Open 9.30am-4pm Mon-Thurs
6.45pm-9.30pm Tues-Thurs evenings.

Deal with Verbal Abuse!

Verbal abuse has become a major source of misery in our society. Whether it be road rage, bad-mouthing from kids on the street, angry customers, stressed-out friends or family, or undermining comments from people we know or work with, we are all faced with it from time to time. How do you react - both at the time and later? How do you repair the damage? How can you turn-around abusive situations to your advantage?

In this powerful day workshop, learn how to...

- Recognize common abusive interaction patterns
- Extend and empower your options for responding to abuse
- Become aware of subtle ways in which we might attract abuse
- Build abuse-resilience skills
- Heal the wounds of abuse - turn it to your advantage
- Become more self-confident at handling conflict situations

More info: www.sunflower-health.com/workshops.htm

Shamanism Events In East Anglia Spring 2010

www.sunflower-health.com/shamanicworkshops.htm

May 2nd 2010
Sunday 11am-5pm
Dry Drayton
Cambridgeshire
(6 miles from Cambridge

Donation to cost of Hall Hire etc: £15
£10 if paid before April 30th!
Book a place:
Tel: 01954 789966
or Email Us

Beltane Celebration Day

Join us in celebrating this traditional Celtic "Fire Energy" Festival marking the start of Summer. We will be dancing outside in woods and field as well as indoors, including the famous "Beltaine Brand", "Hoof and Horn" and "May the Circle be Open" traditional circle dances.

Drumming, chanting, dancing and rituals have the power to calm, center, lift depression, release anger and stress emotions, boost the immune system, enhance health and stress-resistance. Breath and walking meditations, divination cards.

More info: www.sunflower-health.com/shamanicworkshops.htm

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May 9th
1 Day Workshop
Sunday 11am-5pm
Dry Drayton Village Hall
6 miles from Cambridge
Cost: £35
EARLY-BIRD DISCOUNT!
Only £30 if paid before April 30th!
Booking:
Tel: 01954 789966
or Email Us

Soul Retrieval Day

Learn and Practice this Traditional Art of the Shaman

Presented by: Mike [Mikhael] Meredith & Taz Thornton

More info: www.sunflower-health.com/shamanicworkshops.htm

Or call Mike on 01954-789966

May 16th
1 Day Workshop
Sunday 11am-5pm
Dry Drayton Village Hall
Cost: £25
EARLY-BIRD DISCOUNT!
Only £20 if paid before April 3oth!
Booking:
Tel: 01954 789966
or Email Us

Open to All - Beginners or Experienced Shamans

Shamanic Nature Practices Workshop

Connecting to Nature lies at the heart of Shamanic Practice and Lifestyle. In this fun and magic workshop we will be finding harmony, support and guidance in a range of outdoor shamanic practices and creative projects, including "Middle-world Shamanic journeying", "Tai chi with trees" [movement medicine], "Plant Spirit Healing" and basic Herbal Medicine with local wild herbs.

More info: www.sunflower-health.com/shamanicworkshops.htm

Or call Mike on 01954-789966

June 13th 2010

Sunday 11am-5pm

Dry Drayton
Cambridgeshire
6 miles from Cambridge on

Book a place:
Tel: 01954 789966
or Email Us

For Beginners or Practitioners Wishing to Extend their Practice

Shamanic Journeying Workshop

Learn This Ancient Art of the Shaman!

Shamanic Journeying is a spontaneous "awake dreaming" process in which the conscious mind can connect with, and interact with, the unconscious "spirit world" mind. It is a tried and tested way to bring our conscious and unconscious into alignment [wholeness and healing) in order to live a more integrated, harmonious, effective and fulfilling life, driven less by the clinging, grasping, insatiable neediness of our insecure ego and more by deep spiritual guidance, soul-wisdom and soul-nourishment.

More info: www.sunflower-health.com/shamanicworkshops.htm

Sunflower Health

www.sunflower-health.com

Tel: 01954-789966 Email Us

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