



Shamanic Nature Practices Workshop

Connect Deeply & Intuitively to Inner & Outer Nature!

More Holistic Events & Courses: www.sunflower-health.com/workshops.htm



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)**

- Coming into Connection & Harmony with the Forces of Nature -

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

-----oOo-----

- 1 -

- 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

---oOo---

- 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 you!

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

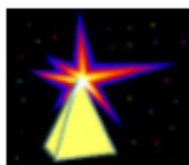
If you want to find the "next step" in your life journey this group is for you!

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...

www.facebook.com/CHEALGROUP



Sunflower



Health



www.sunflower-health.com