

Returning to Yourself

Finding Wholeness Through Soul Retrieval

In the process of living and in moments of trauma we can disconnect from ourselves and parts of who we essentially are may abandon us. In this day-long course you will have the opportunity to both experience and participate in the process of restoring these lost pieces to wholeness and integrity. Group work is a profound way to have this sacred experience as you will have an internal shift yourself plus the privilege of participating in the healing of others. This is deep work designed to change the possibility of your life.

Preparation

Practice gratitude in the days before the course and notice what happens.

Decide on a focus, a personal area you feel drawn to shift for the day.

What outcomes do you desire from that shift?

No alcohol or recreational drugs 24 hours before and after the day.

Get a good night's sleep before you arrive and plan quiet time after the day.

Take a bath or shower with the intention of clearing yourself.

No perfume or scented products.

Eat food before you come so your physical needs are taken care of.

Wear comfortable clothing and dress in layers.

Plan to leave your shoes and valuables outside the room.

Bring with you

Drums, rattles, and bells, if you have them.

A Journal to write in and something to write with.

A stone or small object.

Healthy, conscious, vegetarian food for 7 people that does not require heating or refrigeration along with a serving utensil.

A peaceful heart.

Fee is \$175 payable by cash or check (no credit card payments) when you reserve a space. If you cancel your participation within 24 hours of the course, that is after 9:30am the morning before, you will lose your payment. There will be a waiting list for the course. To be on the waiting list you must complete the paperwork, pay the fee and be prepared and available up to 12 hours before the course so you can fill a last minute opening. If you are not admitted you will be automatically placed at the top of the list when the course is next offered.

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