

This is For You!

Join us and discover what all Native American people have known for centuries, that of the peacefulness of being one with our Mother Earth. Take this opportunity to allow yourself to open your senses to the brilliance of the bright blue sky against the emerald green trees, smell the fragrance of the cedar and feel the oneness of Being with nature. Return to the circle to sing, dance, and be nurtured by ancient ceremony of the Women's Sacred Circle.

This three day Women's Sacred Circle will afford you the opportunity to:

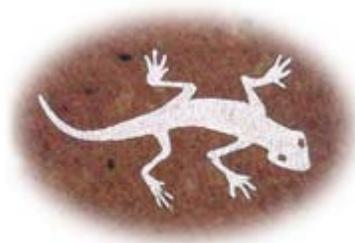
- ❖ Create a loving community with our fellow sisters
- ❖ Embrace the sweetness of our relationship with Mother Earth and All Our Relations
- ❖ Develop stronger communication with spirit
- ❖ Enjoy ceremony and ancient tribal wisdom that teaches us honor, respect, and sacredness of all life
- ❖ Create opportunities to heal spirit wound and self imposed limitations that keep us from living life to the fullest
- ❖ Work with the medicine wheel to more fully discover your personal medicine as we achieve balance, connectedness and healing for our planet
- ❖ Discover your personal power animal
- ❖ Make prayer sticks and medicine bundles
- ❖ Sing, dance and rejoice at the wonderment of Self

The Goal...

..is to allow you to feel the serenity, beauty, and sacredness of being in nature in a safe, relaxed and peaceful way. To be nurtured by Great Spirit and be able to connect, hear, see, and feel the Spirit That Moves In all Things.

Our professional instructors will impart all students with Indigenous techniques, ceremonies and rituals which have been used for centuries to allow them a deeper connection with our Mother Earth.

Complete equipment list is provided. Each program includes all food, permits, materials, all the shooting stars you can count and expert instruction. Participants provide equipment and transportation.



Limited space so SIGN UP quickly!!

CALL TO REGISTER!

Carol Hannagan, MS
(916) 456-4377

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Women's Sacred Circle

Come be a part of this loving fellowship and open your heart to the joy and playfulness of discovering through ancient ceremonies the wisdom of your Mother Earth, Great Spirit and our fellow sisters.

Carol Hannagan, MS, Author

Book available on website:
*"The Sacred Journey – A Quest for Vision
Discovering the Soul's Destiny"*

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Additional Tours/Training:

Men's Sacred Circle; Vision Quest; Heart Focus Training; Shamanic Journey Training; Heart Wisdom Training; Wilderness Survival Training; Backpacking Trips; Sedona, Lake Tahoe & Swiss Alps Hiking Tours.

Women's Sacred Circle

"Slow Down. Come to Self.
Come to Ain-Dah-ing. (Home within our Heart)
Drink the Sweet Water of Your Inner Spring."

Women have had nurturing roles for hundreds of years. It is now time to nurture ourselves, from what Native Americans call, our Mother Earth. While on the skin of our Earth mother, we will connect with our fellow sisters in a joyful celebration. We will learn the Tribal Wisdom passed down through time by Indigenous People.

We will be in a high alpine meadow in the North Sierra Nevada Mountains. Here the tranquility of our Mother Earth is abundant with her beauty of sparkling diamonds dancing on the singing streams; of incense pines, cedars, sage and wildflowers; of radiant clear blue sky; of shrieking raven, hawk and eagle, rejoicing at our homecoming; of the stars and meteors dancing across the night sky; and of us coming together in community to allow us to be one with each other in a "Good Way".

We will embrace the wonders of our Earth and of our Self; as women have done for centuries, expressing themselves through the gifts of dancing, singing, face painting, basket weaving, cooking and child rearing. We will give ourselves permission to go back to the ancient wisdom of knowingness and celebrating of SELF. We will celebrate our oneness with delightfully simple abundance.

Connecting to Mother Earth

Tribal Wisdom tells us that we are all one with the Earth. We will walk the land experiencing the ancient wisdom of being in harmony with our Earth. We will experience the joy, peace, and love of our Earth Mother. During our walk we will learn to connect with "The Spirit that Moves in All Things".



We will make a prayer stick to symbolize that which will be released. In

the custom of indigenous peoples, fire is the symbol and modality for transforming and letting go of the old to Great Spirit so it can be reformulated into what may serve us and our People. We celebrate in a rich ceremony releasing our prayer stick to the fire – while singing and dancing with our faces painted. We celebrate the release of the old parts of ourselves that no longer serves us or our People.

Coming from full intention, we return to our sacred site to ask for things we choose to have in our lives in the coming year. Upon returning to community, we will make sacred medicine bundles with all our requests, wildflower seeds, and our prayers. We bless these bundles in a planting ceremony to allow our Earth mother to bring them into fruition. Knowing our Mother will nurture our dreams and our wildflower seeds to beautify all our relations.

Shamanic Journey

All Indigenous People have used the drum to help them become closer to Great Spirit. We will take a shamanic journey to connect with our power animals. It is believed that all people have power animals which are always there to help and support them at all times. Each will connect with their power animals and learn the Native American custom of what each animal represents and how to use its energy to obtain answers to your questions. We will explore the spiritual and psychological aspects of each of these animals.



Mask Painting

Women's Sacred Circles are available in your area with your friends, spiritual or church group - please call for details. There is a minimum of ten

participants are required. Call now to schedule your training!!!

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