

# *Journey through the Sacred Spiral:* *Healing within the Medicine Wheel*

*October 26-28, 2007—Begin in the South in the body of Serpent.....*

Please fill in the following information and mail the top half to Barbara Alden, 239 Coy Glen Road, Ithaca, NY 14850. Please include your check payable to Barbara Alden.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Session Cost: \$250 – class size limited to 12

Some scholarship funds are available

To secure a place: please send a deposit of \$50 or contact Barbara at 607-277-8199 or Alden24@gmail.com

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## What to bring to the South class: October 26-28

Bring plenty of warm clothes, as we will be doing fire ceremony and outdoor explorations. You may need rain gear, boots, a flashlight. Bring your rattle if you have one and any other ceremonial items you may want to put on the group altar. You will be using a pendulum; bring one if you have one. We can also make them in a pinch. Bring a journal for notes.

In the work of the South you will be doing the work of shedding the attachment to your personal past, the way the Serpent sheds her skin. For this work you will need to **bring 3 stones**. These stones should fit easily in your hand and move or speak to you in some way. The stones will be the beginning of your altar or Mesa. You will need a small ceremonial cloth to hold your stones.

Food: You will might want to pack snack food for Friday and your lunch for Saturday and Sunday. Vegetarian soups, salad and bread will be provided for Sunday dinner.

Directions: The workshop will be at 4102 Garrett Road, Ithaca. Take Rte89 North, just past Glenwood Pines is Perry City Road, turn left and go up the hill about ½ mile, take a right onto Garrett. 4102 is on the left. If you need help with car-pooling please email me.

Times: We will be meeting Friday from 3pm to approximately 8pm, 10 to 6 on Saturday and then 10 to approximately 8 on Sunday. This weekend is the beginning of a fabulous journey of personal and planetary healing and represents a profound step. I look forward to exploring with each of you.

In Peace,

Barbara

[Alden24@gmail.com](mailto:Alden24@gmail.com)

607-227-5181