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Gather the Women for Life: A Journey Into Wholeness

WORKSHOP - January 22-23, 2005

Many women go through life feeling that something important is missing. Why is that? One reason is that as women we are constantly giving away parts of ourselves. We give parts of ourselves to our children, our lovers, our careers, and in the end we have almost nothing left for US. So what do we do? We begin to throw ourselves at exercise programs, diets and beauty regimes, and anything else we can think of to *find ourselves*. Yet nothing seems to change. Why is this happening?

As young girls we are taught that we must put aside our needs for the needs of others in our life. We learn early that in order to succeed in life we must be who and what those in authority want us to be. This is self-betrayal; it makes us feel as if there is never enough of us to go around. We are always tired, often sad or depressed, and without the vital life-force energy we need to make it through the day.

SOUL LOSS

In shamanic terms this is due to soul loss. Many people are familiar with the idea of soul loss based on trauma, or outside influences, but not everyone realizes soul loss can occur because we *throw away* parts of ourselves. Much has been written about lovers, family and others who *steal* parts of us. But not everyone realizes soul loss can occur because we *throw away* parts of ourselves. Self-betrayal can be one of the major causes of soul loss today, especially for women. By looking at how we betray ourselves, we can find ways to stop this type of soul loss. With focus and intent we can *bring back* the lost parts of ourselves and prevent further loss of soul, or life-force energy.

SOUL RETRIEVAL

We can heal our lives through simple techniques that are easy to perform. In most cases we do not need to go to a *healer* for this work, we can do it for ourselves. By approaching this loss of energy from a shamanic perspective, we can utilize ancient tools to change what we are doing today and prevent further loss. We can retrieve what is missing and rekindle the fire of life within us. We can return energy and enthusiasm to our lives!

WORKSHOP/WEEKEND RETREAT

In an upcoming workshop/retreat we will ***Gather the Women for Life: A Journey Into Wholeness***. Gathering at the new location for Shaman's Shadow in Gretna, LA (a suburb of New Orleans) on **January 22-23, 2005**, we will take time out for ourselves. We will look at our lives to discover where and how we are betraying ourselves. Rose Aleta Barbee, Shamanic Practitioner, will demonstrate methods of practice for journeying to Spirit for information on why we do this and how to prevent it. As part of the retreat we will perform a Spirit Calling Ceremony to bring back the lost parts of our souls. We will learn ways to nurture ourselves to prevent further soul loss. We will journey toward wholeness!

The workshop will be held Saturday and Sunday, January 22-23, 2005 from 10 am to 6 pm both days. Cost of the workshop is \$150. A non-refundable deposit of \$50 is required to reserve your space. Workshop materials will be provided at no additional cost. The remainder of the tuition may be paid at the

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workshop registration which begins at 9:30 am on Saturday. Registration deadline is Sept. 30, 2004, to insure there are enough working materials for everyone. Lunch is on your own, and there are several good restaurants within walking distance.

Bring your drum and rattles if you have them (don't worry if you don't we'll have extras) and a pen and a journal to keep notes and a bandana to cover your eyes. For those coming in from out of town or wishing to spend the night Saturday, bring sleeping bags, etc. and we will all camp out pajama party style!

Please make your check payable to Shaman's Shadow. For more information call Rose at (504) 368-6220 or by email at rose@shamansshadow.com.

OR, payment and registration forms may be completed on line at www.shamansshadow.com/services/htm. Credit cards are accepted via PayPal. Or you may mail your check to:

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