



Sacred Directions Medicine Wheel

Personal Transformation through Shamanism

Facilitated by: Kristina Nez Begay

CEU's offered for this program through WITC

Held at St. Croix Healing Arts Center 411 County Rd UU #3, Hudson, WI 54016

South Direction	February 8-11, 2018
West Direction	April 26-29, 2018
North Direction	July 12-15, 2018
East Direction	September 13-16, 2018

Cost: \$750 per direction (Thursdays 6-9p, Fridays 9a-9p, Saturdays 9a-9p, Sundays 9a-5p)

Early Bird Sign up By Jan. 15th, 2017 \$100.00 discount

SACRED DIRECTIONS

Do you ever feel as though something is missing in your life? Have you been searching for answers about the purpose of your life? Do you find yourself stuck in a loop of repeated undesirable circumstances? Are you in a standstill and confused about what step to take next? Are you tired and looking to reignite your life force through spirituality? Learn to look inward with confidence and conviction in your choices. The Sacred Directions Medicine Wheel will provide you with an inner compass to navigate through your journey. I welcome you to come and remember who you are.

Kristina Nez Begay (Dine') has designed the Sacred Directions- personal transformation through shamanism course from the teachings of healers, shamans, and medicine people from North America and Peru. The Medicine Wheel will be your compass for each of the four sacred directions on our journey. This training program is one of life changing transformation, personal healing, and growth for the soul. Learn how to walk in beauty and honor Mother Earth and yourself by living in gratitude. We will navigate this riveting metamorphosis using ancient shamanic practices for healing. We will develop and strengthen our relationship with Spirit through ritual and ceremony. This training program meets four sessions over one year and includes classroom instruction, hands-on-practice, experiential exercises, and ceremony.

South Direction: You start your journey around the Medicine Wheel by looking to the sacred south direction by exploring the foundation in energy medicine practices. In the south, the snake teaches you to shed the past, like its skin, so you can emerge renewed. This act of releasing things that no longer serve a purpose keeps you moving forward in life. Moving past old stories allows you an opportunity to write a new life story.

West Direction: In the west examine what you hold inside of your shadows and bring it out without fear of what may be discovered. See how negative energies held in your luminous energy field affect your health and wellbeing. You will learn how to map and release ancestral imprints and past life karma. Learn to listen to your inner voice and trust your intuition so you can accept guidance from the Spirit World. This direction will have you journey for the animal that you will want to make your drum with for the next direction.